



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

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Sailor of Year credits award to leaders

"Selection as Sailor of the Year of any command is not only an honor, but carries with it a tremendous responsibility to demonstrate daily the moral character and high standards which were the basis of that selection. Petty Officer Heep comes well prepared to justify that honor and position. Her selection as a command career counselor will provide her with the opportunities to impart those quality requirements to others within the command."

This statement by Lieutenant (junior grade) Robert P. Owen, Chief of Military Manpower Service, is typical of the many words of praise directed towards NRMC Oakland's Sailor of the Year, Hospital Corpsman First Class Barbara Heep. She was honored in a December ceremony here with Vice Admiral J. William Cox, Navy Surgeon General, the presiding officer.

As a recent graduate of Career Information and Counseling School in San Diego, Petty Officer Heep is currently serving as one of the NRMC Oakland Command Career Counselors. She is also a member of the Commanding Officer's Advisory Board, a member of the command training team, a member of the Petty Officer Evaluation Review Board, a member of the Fleet Reserve Association Number 121, and president of the newly formed First Class Petty Officers' Association.

Petty Officer Heep openly expressed a desire to make the Navy her career goal as she is currently devoting most of her off duty time to studying for the E-7 examination.

"By staying in the enlisted ranks, I can best serve the Navy" was Petty Officer Heep's reply to the question of eventually applying for a commission. She feels that leadership in the enlisted



KUDO FROM THE TOP—On hand to congratulate Hospital Corpsman First Class Barbara Heep during the ceremony honoring her as Sailor of the Year was visiting Vice Admiral J. William Cox, Navy Surgeon General.

ranks is the single most important part of one's career. "This honor is achievable for anybody, and is the direct reflection of the leadership that I have received during my career," she added.

Petty Officer Heep plans to attend courses in Business Administration this spring, with hopes to enhance her military career.

For her selection as NRMC Oakland's Sailor of the Year, Petty Officer

Heep received various well-deserved awards that include: a 96-hour liberty; use of a condominium in Lake Tahoe for one weekend; a \$50 bond donation from the Chief Petty Officers' Association; a \$50 cash donation from the Officers' Auxiliary; a dinner for two at the Enlisted Club; a letter of commendation engraved on a special plaque; and a special reserved parking space for the duration of her reign as Sailor of the Year.

Along with these awards, Petty Officer Heep will also represent NRMC Oakland in the Navy-wide selection for Sailor of the Year for shore-based commands.

The new member of the command career counselor team is a member of the National Organization of Women, Greenpeace, Friends for Animals of the Earth, and the Audubon Society.

Her Navy assignments have taken her to Naval Regional Medical Center, Guam; Naval Air Station Key West, Fla.; Naval Regional Medical Center, Jacksonville, Fla. (two tours); National Naval Medical Center, Bethesda, Md.; Marine Corps Recruit Depot, Parris Island, S. C.; Naval Regional Medical Center, Great Lakes, Ill.; and finally here at Oak Knoll.

Petty Officer Heep has attended Hospital Corps School, Advanced Laboratory Technician School, and recently the Career Information and Counseling School.

When not studying for the Chief's exam, Petty Officer Heep's interests include racquetball, reading, astrology, astronomy, and dialectology. She can also be found in the bleachers leading cheers for the softball team during softball season. (more, page 5)

Bishop Cummins to address Nat'l Prayer Breakfast here

Bishop John S. Cummins of the Catholic Diocese of Oakland will be the special guest speaker at Naval Regional Medical Center Oakland's observance of the National Prayer Breakfast on Jan. 29 at 7 a.m. in the third floor main dining room.

The National Prayer Breakfast, which dates from the first Presidential Breakfast in 1953, was founded on the idea that persons in positions of responsibility can meet together in prayer to rededicate themselves to the moral and spiritual values upon which our nation was established. It has become an annual event.

All hands are invited to attend the breakfast. Tickets may be purchased at normal breakfast prices from the cashier and attendees are then encouraged to go through the food line upon arrival in the dining room.

Bishop Cummins, who has been in his present position since June 1977, is reportedly very popular among priests and a concerned leader in the community. He is said to be highly respected for his intellectual acumen and much loved for his ever-present smile, openness and honesty.

Born in Oakland to parents of Irish ancestry, he attended St. Augustine Grammar School in Oakland and St. Joseph High School and St. Patrick's

College and Seminary in Menlo Park. Ordained in San Francisco on Jan. 24, 1953, the young priest served as associate pastor at Mission Dolores until 1957 when he came to Oakland to teach at Bishop O'Dowd High School. He did graduate work in history at Catholic University, Washington, D. C., and at University of California, Berkeley.

When the new diocese of Oakland was formed in 1962, the late Bishop Floyd Begin chose the 34-year old Rev. Cummins as chancellor. During his nine years in that capacity, he was actively involved in ecumenical programs, social justice concerns and theological discussions.

Father Cummins was appointed Reverend Monsignor in 1962 and the following year attended the second Vatican Council as secretary to Bishop Begin.

As chairman of the Ecumenical Committee of the diocese, Msgr. Cummins was a member of the American Baptist/Roman Catholic dialogue sponsored by the National Conference of Catholic Bishops and was active in coordinating a national meeting of ecumenical leaders in Oakland.

Together with Bishop Begin, Msgr. Cummins worked closely with Catholic and Protestant theologians in the early



Bishop John S. Cummins

days of the Graduate Theological Union in Berkeley.

The chancellor's role as director of the Social Justice Commission involved him in the fair housing initiative, the farm workers' plight and fair employment practices.

Msgr. Cummins worked in campus ministry both in San Francisco and Oakland. He was the chaplain of the

Newman Clubs at San Francisco and Mills College.

In 1971 Msgr. Cummins was named executive director of the California Catholic Conference in Sacramento. The newly-formed conference was set up by the bishops to represent the diocese of the state in legislature and other public matters. After three years in Sacramento he was ordained Auxiliary Bishop of that diocese, assisting the Bishop in sacramental and liturgical functions while continuing as director of the conference.

His Oakland diocese comprises both Alameda and Contra Costa counties.

Ceremony today

All hands are encouraged to attend a ceremony this afternoon at 2 p.m. in the Clinical Assembly in honor of the late Dr. Martin Luther King, Jr. Among those speaking will be Rear Admiral Walter M. Lonergan, Commanding Officer, and Chaplain (Commander) John Q. Leshar.

Dr. King, assassinated on Apr. 4, 1968, was a humanitarian, Nobel Prize winner and civil rights leader whose efforts contributed greatly to equal opportunities throughout the nation.

His has become a great name in American History.

Editorial---

A special report on significant pay changes

During 1980, the 96th Congress passed perhaps the most significant legislation affecting military pay in history. All major 1980 objectives for pay and improved military compensation have been achieved. **The total amount of all of these increases in pay and benefits for Navy personnel and their families exceeds \$1.2 billion.**

A comprehensive list of all basic pay, allowance, career incentive pays, reenlistment incentives that have been passed by the Congress follows.

Fair Benefits Package

The Fair Benefits Package had just been passed and was expected to be signed by the President when this article was written, with benefits effective Jan. 1, 1981. They include:

- **Sea pay for officers and enlisted**—to consist of two parts, regular sea pay and a sea pay premium. Regular sea pay is paid to sailors based on pay grade and the number of years of sea duty they have accumulated. Enlisted sea pay is paid to E-4 and above; for example, an E-6 with six years of sea duty will receive \$225 per month in sea pay. Officer sea pay is paid to WO's, O-1E/2E and O-3 through O-6 who have at least three years of sea to qualify. A sea pay premium provides an additional monthly amount of \$100 for those qualifying for regular sea pay and serving at sea for more than 36 consecutive months.

- **Submarine duty incentive pay**—Increases sub-pay levels for both officer and enlisted personnel. Additionally, sub pay will be paid to officer and enlisted personnel serving ashore, provided certain criteria are met. These criteria include meeting minimum operational submarine sea duty requirements. Enlisted personnel must also have sufficient obligated service for a follow-on sea tour. For instance, an E-6 with 10 years of service can expect sub pay of \$190 per month; an O-4 with 10 years of service can expect \$440 per month.

- **BAQ for bachelors**—All E-7's and above have the option of receiving BAQ, except while they are deployed from homeport for more than 90 days.

- **Accumulation of up to 90 days of leave**—Navy personnel on long deployments can accumulate up to 90 days of leave, usable in the year following their deployment. This would be effective in certain situations, such as extended Indian Ocean deployments. Until now, no more than 60 days of leave could be carried over from one year to another and some people lost leave as a result.

- **Enlisted members who extend at least one year on an overseas tour** are eligible for one of the following: \$50 per month for the period of the extension; or, 30 days "R and R;" or, 15 days "R and R" and round trip transportation to CONUS.

- **Nuclear officer incentive pays**—An officer coming into the Nuclear Submarine Program will receive an incentive of \$6,000 instead of \$3,000; half to be paid upon his entry into the program and half when his training is completed. An officer who elects to obligate for four additional years in the nuclear program will receive an incentive of \$28,000 instead of \$20,000. If the officer so elects, the nuclear incentive may be paid on an annual basis of \$6,000 (up from the previous annual incentive of \$4,000).

More details on the Fair Benefits Package will be found in a forthcoming NAVOP. Legislation affecting military pay and compensation already passed by Congress during the past year is summarized below.

Defense Authorization

Highlights from the Defense Authorization Bill include:

- An 11.7 percent across the board pay raise for all military personnel, effective Oct. 1, 1980.

- Provides for a \$30 per month family separation allowance for E-4's and below, who were not previously eligible.

- Pays the cost of moving a mobile home or an amount equal to cost of moving

Letter to editor

Pot smokers face HEAVY penalty in Japan

I'm not the type that usually writes letters to the editor, but Betty, I just feel that I have to in this case. I know how much we emphasize to the kids to stay away from drugs and marijuana. Much or most of the advice is ignored, but there is something everyone going to Okinawa should know, so here goes: "DO NOT bring marijuana to Okinawa!"

Some very interested German Shepards examine ALL baggage and personnel arriving on the island. Because of the Status of Forces Agreement with Japan, any drug (including marijuana) incident comes under Japanese law. That means Japanese jail. Honest! No NJP and wrist-slapping here. If caught with the weed here (even on base) you go on international legal hold and are tried in Japanese court.

I sat on an administrative discharge board a couple of weeks ago for a First Class Corpsman with 14 years in service. He was tried and convicted in Japanese court for selling marijuana. He got two years in prison on the Japanese mainland. Prison in Japan is hard labor! I was shocked at how aged the man appeared, and was informed that the life expectancy in Japanese prison is about 10 years. There are no appeals, no first time offenders with lesser sentences, and mercy for a drug user, seller, or passer is unheard of. So if you want your tour on Okinawa extended for a few years, compliments of the Japanese government, bring your pot, grass, dope, etc., with you.

I've tried to counsel people on this back in Oakland, but to no avail. Maybe this will save someone.

DALE L. HOLM, LT, MSC, USN
Group Navy Personnel Officer
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(Editor's note: Lieutenant Holm is the former Officer in Charge of the Personnel Support Detachment at NRMOC Oakland. From another source, we learn another bit of information which should be of interest to those personnel about to be assigned to Okinawa or other duty stations in Japan: Effective Jan. 1, 1981, non-command sponsored dependents who go to Okinawa or Japan will no longer be able to attend DoD-sponsored schools. The least expensive private elementary schools in that area charge a \$900 annual tuition.)

the member's household goods weight allowance, whichever is less.

- Increases the CONUS per diem rate from \$35 to \$50 per day and the CONUS high cost area actual expense reimbursement rate from \$50 to a maximum of \$75 per day.

- Authorizes an incentive for aviators who have 6 to 18 years aviation service if they remain in the Navy.

- Increases enlistment incentives for certain skills from \$3,000 to \$5,000.

- Increases the maximum Selective Reenlistment Bonus (SRB) from \$12,000 to \$16,000 (from \$15,000 to \$20,000 for nuclear trained personnel).

- Authorizes a Zone "C" SRB for members with 10 to 14 years service.

- Authorizes an incentive for individuals who affiliate with the ready reserve or selected reserve units.

- Increases CHAMPUS benefits for members with handicapped dependents to \$1,000 per month and provides immunizations and well baby care.

- "Grandfathers" the revised system for calculating retired pay, so that people presently on active duty will have their retired pay calculated under the present system. Only future service members will have their retirement pay based upon the average of their three years of highest active duty base pay.

- Limits VA benefits to only those persons with at least 24 months active duty (with some exceptions).

- Includes a one-year test of new educational incentives for certain personnel enlisting after Oct. 1, 1980.

National Emergencies Act With Nunn-Warner Amendment

- Started a Variable Housing Allowance (VHA) based on the difference between the average cost of housing in a geographic area and 115 percent of BAQ.

- Restored spot promotion authority for officers serving in certain engineering jobs.

- Removed the mileage rate for PCS moves and permitted an increase in the rate from 10 cents to 18.5 cents per mile. Further, Congress has approved the MALT (mileage allowance in lieu of transportation) concept of a combination of mileage and per diem.

- Increased BAS by 10 percent, effective Sept. 1, 1980.

- Increased flight pay for officer and enlisted aircrewmembers by 25 percent, effective Sept. 1, 1980.

A one-year bill for FY81 was enacted to authorize crewmembers assigned aboard uninhabitable ships to be reimbursed for their expenses while living ashore. Expenses such as rent, furniture rental, utilities, etc., could be reimbursed each month up to the single BAQ rate.

Survivor Benefit Plan

The Survivor Benefit Plan (SBP) was revised with the following changes:

- A member's surviving spouse may get at least 60 percent of the SBP annuity despite the Social Security offset.

- The formula for determining the cost for a military member is the same as for someone in the Civil Service.

- SBP covers the surviving spouse of a member who died on active duty before 1972 with more than 20 years of service.

- Military reservists will get a break in the calculation of their Social Security offset for pay earned on active duty for training.

The SBP allows a service member, upon retirement, to contribute part of his or her retired pay on a monthly basis to the program. After the member's death, the spouse and children will receive monthly benefit checks.

Major Accomplishments

Looking back at 1980, increased military compensation was a major accomplishment and reflects public recognition of the Navy-Marine Corps team's unique peacekeeping role in the world's unstable areas. The sacrifice and dedication of fleet personnel in the Indian Ocean focused Congressional and public attention on fair compensation for Navy personnel and their families. The sea-going services can look forward to 1981 with firm financial and moral support from a grateful nation.

Correction in OTIS number

The Dec. 5, 1980 edition of *Oak Leaf* which carried an item on the new Overseas Transfer Information Service (OTIS), printed an erroneous number to call for further information. The correct numbers are: Autovon 224-8392 or 3; Commercial 202-694-8392.

Navy members who have been screened for overseas duty can anticipate a variety of services from that office which will help them prepare for a life in foreign countries.

The program is the vanguard of the military services' effort in intercultural relations, with goals targeting at increasing commands' knowledge, readiness and effectiveness in dealing with and maintaining positive relations with host countries.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Surgeon General visits NRMCC Oakland



During his Dec. 11-13 visit, Vice Admiral J. William Cox examined new arrhythmia detection monitors in the CCU—



... addressed enlisted staff members—



... participated in ribbon-cutting ceremonies for the newly remodeled ICU—



... discussed Clinical Investigation Center projects—



... met with various staff members—



... and toured clinics and wards.

NRMC's Sailor of the Month has special interest in agriculture

"A truly good-natured, highly motivated and extremely dedicated individual" are the words used by Lieutenant (junior grade) Roger Edwards to describe NRMC Oakland's Sailor of the Month for November, Hospital Corpsman Third Class (HM3) Alonzo Smaw. "As HM3 Smaw's department head, I have had daily contact with him. During this time, I have watched his growth as he gains experience in his chosen field. He has demonstrated skill, judgement, and maturity far beyond his limited years of experience," he added.

HM3 Smaw has been on the Oak Knoll staff for just 10 months, having been to "C" school at Naval Regional Medical Center, San Diego, Calif.

In his current assignment as the Pharmacy Supply Technician, HM3 Smaw has reportedly shown dedication to service far beyond that which would be normally required. He has developed, by spending many hours of his own free time, a highly efficient and effective supply system, and has the responsibility of spending \$500,000 per quarter to insure that the Pharmacy has the needed medication available. HM3 Smaw's efforts have resulted in a significant monetary savings for NRMC Oakland, according to his superiors.

Although currently working in the Pharmacy, the corpman's future plans include working in the field of agriculture. He has a special interest in the scientific of irrigation.

When asked about his selection for Sailor of the Month, HM3 Smaw replied, "It is a special honor to be considered when so many others work



HM3 Alonzo Smaw

tirelessly, unselfishly, and all too often obscurely, to fulfill their responsibilities in the Pharmacy. The Pharmacy staff, Supply Department, Comptroller's Office, CSR, Housekeeping, Transportation, and Food Services are just some of the crucial areas which help to keep the wheels turning."

Basketball, football, and baseball make up HM3 Smaw's favorite sports, and he has an avid interest in films, ethnic music, and writing.

Enlisted Special Services Officer first as NRMC Oakland

Master Chief Hospital Corpsman Albert Y. Marumoto became the first enlisted Special Services Officer in Oak Knoll's history last month. Master Chief Marumoto succeeded Lieutenant Commander Lanny A. Rinard in this position.

A veteran of 21 years, Master Chief Marumoto has seen tours of duty in the Bureau of Medicine and Surgery; NSA Mare Island; USS MARS (AFS-1); I&I staff, 23rd Marines; Patrol Squadron 40; Moffett Branch Clinic; 1st Battalion, 9th Marines (Vietnam); USNS SULTAN (T-AP-120); and Hospital Corpsman "A" school in San Diego.

Having been assigned to Oak Knoll for just three months, Master Chief Marumoto said: "Other than maybe someday serving in a Command Master Chief Billet, I think I have accomplished what I had set out to do when I first enlisted."

Master Chief Marumoto currently holds a Bachelors Degree in Human Resources Management from Pepperdine University. He also has been awarded two Navy Achievement Awards as well as a Combat Action Ribbon, Navy Unit Commendation, Presidential Unit Citation, four Good Conduct Awards, a National Defense



HMCM Albert Y. Marumoto

Ribbon, Armed Forces Expeditionary Ribbon, VietNam Campaign Ribbon, VietNam Service Ribbon, and a Viet-Nam Unit Citation (Cross of Gallantry).

Master Chief Marumoto and his wife Margie have two daughters, Kelly and Jacque.

His off duty interests include softball, basketball, fishing and golf.

W-2 forms coming

Military members can expect to receive their 1980 W-2 forms along with their next paycheck (Jan. 30), for that portion of the year that was spent in the service. Members are reminded that these W-2 forms will not reflect any income that was made prior to entering the service, and are encouraged to contact former civilian employers for pre-service 1980 W-2 forms.

Oak Leaf was not able to ascertain the exact date that civilian personnel can expect to receive their W-2 forms, but was assured that this will occur prior to Jan. 30, as is required by law.

Dec Sailor of the Month hopes to be Master at Arms

Machinist Mate First Class Anthony F. Palmeno, Sailor of the Month for December, is currently serving as the night crew supervisor of the Operating Management Service's Security Division. Petty Officer Palmeno hopes to change his rating to Master at Arms (MA), and complete 30 years of service in the Navy.

Petty Officer Palmeno has spent most of his 17 years of Naval service at sea, having been assigned to service craft duty at Key West, Fla., USS PENOBSCOT (ATA-188), USS HIGH POINT (PCH-1), USS HANCOCK (CV-19), USS HECTOR (AR-7), USS PYRO (AE-24), and Machinist Mate "A" school.

During his naval career, Petty Officer Palmeno has earned three Good Conduct Awards, a Viet Nam Service Medal, Meritorious Unit Citation, Humanitarian Service Ribbon, and a Seventh Fleet Commendation.

Petty Officer Palmeno spends much of his off-duty time with his wife Jean, and their daughters Tammy, Cathy, and Christine, who are active in gymnastics, soccer, and the Campfire Girls.

Surprised and honored by his selection, Petty Officer Palmeno said: "I was just following the example of two of the best Chief Petty Officers I have worked with in a long time, (SMC Tilton and MAC Sharp)."

In a recent ceremony, the Com-



MM1 Anthony F. Palmeno

manding Officer of NRMC Oakland awarded Petty Officer Palmeno with a Letter of Commendation, in which he was cited for "professional excellence in the sustained superior performance of (his) duties, exemplary leadership and unswerving dedication while assigned to the Security Division." He was also cited for his contributions towards upgrading the training program in the Security Division.

Petty Officer Palmeno's off-duty interests include hunting, fishing, camping, photography, and working on old cars.

Chaplain Service changing to Pastoral Care Service

A recent notice from the Chief, Bureau of Medicine and Surgery (BUMED) will become effective in the near future at Naval Regional Medical Centers and hospital facilities, changing Chaplain Service to the new Pastoral Care Service.

The service will be realigned under, and will report to the Director of Clinical Services (vice the Director of Administrative Services).

Revision of the Organization Manual for Naval Regional Medical Centers was initiated to reflect the increasingly important role of outpatient (ambulatory) care in Navy medicine and to consequently provide expanded guidance for the organization and management of branch clinics.

It is anticipated that this move will increase the effectiveness of Chaplain Corps personnel in hospital communities.

VA offers vets tuition assistance

Veterans who are planning to enter college next spring and who need money to supplement their GI Bill education benefits, are invited by the Veterans Administration (VA) to investigate the VA's work-study program.

Veterans can work up to 250 hours per semester for the VA, and receive \$775 in addition to their regular education assistance allowance.

For participation in the work-study program, priority will be given to those veterans who have a 30 percent or greater service-connected disability. Job consideration is given based on financial need, motivation and the nature of the work to be done; VA related employment is usually offered on a given campus or at a VA facility.

A monetary advancement which covers the first 100 hours of work is made available to the student/veteran at the time the employment agreement is processed, after which VA work-study students are paid after each 50 hours of work. Veterans who wish to participate in the VA work-study program should contact their local VA regional office or the VA counselor/office located on campus. (NES)

Tax guidance for alien GIs

Effective Jan. 1, a service member who is a nonresident alien (such as a citizen of the Philippines) became liable for U. S. income tax on pay attributable to service performed in the United States, even if such pay is not subjected to Federal Income Tax Withholding. A nonresident alien member's pay for service performed outside the states is not subject to Federal income tax. (This duty would include shore duty at a naval or military installation outside the U. S. and the states of Alaska or Hawaii, or duty aboard a sea-going vessel of the Navy, other than one normally used in coastal waters only.)

Service in a possession of the United States is considered duty outside the U. S.

A nonresident alien member's pay for services over an extended period of time (more than 60 calendar days) within the U. S. is subject to Federal Income Tax Withholding. Pay for brief periods of service within the U. S. (under 60 days), or for service outside the U. S., is not subject to withholding. However, the non-resident alien member is nevertheless subject to the U.S. income tax on pay earned for service within the U. S. (regardless of duration), and is responsible for reporting and paying any federal income tax due on such pay.

Nonresident alien members are not subject to state income tax withholding.

Navy members in fire rescue

Four Navy members, three of them reservists, assisted in rescuing survivors of the recent MGM Grand Hotel fire in Las Vegas, Nev.

Hospital Corpsman First Class Richard D. Abrisz, an active duty station-keeper at the Naval Reserve Center and a volunteer fireman, made four trips to the top of the 26-story hotel in blinding smoke to help check the 2,076 rooms for guests.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA*Commendation*THE COMMANDING OFFICER
TAKES GREAT PLEASURE IN COMMENDINGBARBARA HEEP
HOSPITAL CORPSMAN FIRST CLASS, U. S. NAVY

FOR SERVICES AS SET FORTH HEREIN

For exceptional achievement in the performance of your duties resulting in your selection as the 1980 "Sailor of the Year" at the Naval Regional Medical Center, Oakland, California.

During your tour as an advanced laboratory technician, you have brought to your position a fine blend of technical and administrative expertise. This prestigious title is justly awarded as a result of your demonstration of personal perceptiveness, concern for the welfare of patients and shipmates, unwavering devotion to duty and leadership ability. Your zeal for work, enthusiasm for learning, ability to rapidly assimilate information and organize it for timely, decisive action, have rendered you an exceptional hospital corpsman. You have repeatedly displayed the professional confidence to know what to do, the courage to do it and the dynamic leadership style to inspire your subordinates to get it done. Your impeccable military bearing and self-assured professional deportment complement your administrative duties.

With an intense desire to be helpful and cooperative, you meet and talk with people easily and are always frank, sincere and honest in your interpersonal dealings. Attuned to Navy personnel requirements and sensitive to individual enlisted needs and desires, your compassion and fairness have engendered the respect and admiration of all your shipmates. Your undivided purpose and loyalty in adherence to the principles of the Navy's equal opportunity and human relations goals are highly commendable.

Your high order of professionalism, personal integrity, and profound interest in the Navy and all its members have resulted in your recent highly successful completion of the Career Counseling and Information School at the Naval Training Center, San Diego, and subsequent assignment as a Career Counselor at this command.

Your outstanding personal dedication and refreshing enthusiasm have made you an invaluable asset to this command. In all respects, you are a model petty officer, a credit to yourself, the Hospital Corps community and the United States Navy. It is with great pleasure that I extend to you, Petty Officer Heep, my sincere congratulations for having earned "Sailor of the Year", and every best wish for continued success in your future endeavors.

W. M. LONERGAN

W. M. LONERGAN

Rear Admiral, Medical Corps, U. S. Navy

Commanding Officer



SAILOR OF THE YEAR—HM1 Barbara Heep addressed fellow staff members during her recent Sailor of the Year Ceremony. Petty Officer Heep credited mid-level leadership she received as a stepping stone to this prestigious selection.

Friends, coworkers happy with Sailor of Year selection

Hospital Corpsman First Class Barbara Heep, this year's selectee as Naval Regional Medical Center Oakland's Sailor of the Year, has worked in various offices and departments during her tour at Oak Knoll, and has completed the Career Information and Counseling School in San Diego.

A close, and long time friend of Petty Officer Heep, Ensign Janet Dawson, who is currently working as the Public Affairs Officer at the Naval Technical Training Center, Treasure Island, spoke highly of Petty Officer Heep's selection and their long term friendship.

"I met Barbara while we were both stationed in Guam. She has always given 100 percent to the Navy, and even more so to the people whom she is associated with. She has always been very much aware of the parameters of her job, and has done her best at everything she tackles. Barbara is a very dear friend and is there when needed."

Hospital Corpsman Third Class Ron Schoof, who worked with Petty Officer Heep in the Hematology Service, and as a student in 1978 had the following words for Petty Officer Heep's selection:

"HM1 Heep's fondness for the Navy and her military bearing were exemplified in her work around the lab and with her coworkers. She was always there to share her knowledge or assist anyone in matters of the Lab Service or military standards. Barbara forever tried to be an inspiration and example to her coworkers, her mark on the lab will always be felt and seen."

Chief Hospital Corpsman Brett Gladden, one of the Command Career Counselors said: "HM1 Heep's motiva-

tion as a career petty officer, and her desire to serve the command, staff and patients as well make her an excellent selectee for Sailor of the Year."

NRMC Oakland's Staff Enlisted Detailer, Senior Chief Hospital Corpsman Jerry Price had these words on Petty Officer Heep's selection:

"I am very proud in that three candidates for Sailor of the Year were assigned to the Military Manpower Services Office. I am delighted with HM1 Heep's selection."



WELL DONE—NRMCO's Commanding Officer, RADM W. M. Lonergan presents HM1 Heep with a Letter of Commendation.



THE NEW REIGN—HM1 Frank Gillette, NRMCO Oakland's Sailor of the Year for 1979 presents 1980's Sailor of the Year HM1 Barbara Heep with a bouquet and a hug to congratulate her for her selection.

BAQ/Quarters option here for single E-7's and above

The President has signed the Fair Benefits Act authorizing BAQ in lieu of government quarters to service members without dependents in paygrades E-7 and above.

This authority provides eligible members with the option of choosing between government quarters or providing housing for themselves. It similarly permits this option to these personnel when assigned aboard ships while in homeport and during extended repair and overhaul periods.

Personnel exercising this option will be required to vacate quarters aboard ship except during those periods when they are required to remain aboard or within close proximity to their unit. Shipboard personnel who are authorized to receive BAQ will continue to do so during deployments of 90 days or less duration.

Personnel stationed ashore must vacate government quarters upon exercising the option to receive BAQ, as is required of their sea going counterparts. A Variable Housing Allowance (VHA) will be allotted to individuals who are entitled to BAQ, and are residing in a high cost area.

Members who elect this option but are later assigned to government quarters are entitled to movement and non-temporary storage of any of their household goods which cannot be accommodated in their assigned quarters.

Members who are eligible for this new act can find answers to their questions at their personnel or local PASS offices.

NCOA aids Navy

"Strength in unity" is the hallmark of the Non-Commissioned Officers' Association (NCOA) in its efforts to aid Navy recruiters. The NCOA organization is made up of petty officers and non-commissioned officers from all of the military services. Membership now totals more than 211,000, with some 249 chapters and 117 service centers functioning throughout the U. S., Europe and the Far East.

The ways in which the NCOA assists Navy recruiters are many and subtle. At times, the NCOA might recognize a special effort by an award presentation. It might also hold a special luncheon and give recruiting the limelight. NCOA is also one of the big contributors to the Navy's Recruiter of the Year program.

Directly, or indirectly, there are other NCOA functions that aid the recruiter. The association's National Legislative Representation is such a function. It is a program that monitors military personnel and veterans legislation as well as national defense interests. A permanent professional staff in Washington actively pursues the passage of legislation which will benefit petty officers and NCO's.

In addition, for the dependents of petty officers and NCO's, there is a scholarship program to ease the burden of college costs. NCOA is also one of the sponsors of the Special Olympics program, designed to benefit handicapped and retarded children. The NCOA is into job counseling, too, and operates a placement program to help veterans smooth the transition to the civilian employment world. Likewise, the NCOA offers career assistance to active duty members and benefits assistance to veterans through cooperation with federal agencies.

Through its employment counseling, NCOA not only assists recruiters with new prospects for the Navy, but it assists prior service people as well. It is a good contact point for those who may be contemplating coming back into the service. NCOA's presence affords the opportunity to provide Navy awareness to communities that might otherwise be unexposed on a daily basis, and allows Navy recruiters to reach those persons who are not sure of where to go for answers to questions about the Navy.

Thanks to the support of NCOA and its members, the Navy is being exposed to more and more communities each day, making it important for the union between the NCOA and Navy recruiters to remain a positive and effective force. For more information about the NCOA, write: Non-Commissioned Officers Association, P. O. Box 33610, San Antonio, Texas 78233. (NES)

Pay increased for wage schedules

Federal blue collar workers can expect to receive two pay increases in Fiscal Year 1981. As of October 1, 1980, a "catch-up" pay raise became effective for wage employees covered by appropriated and non appropriated fund wage schedules.

Under Public Law 96-369, the increase is limited to 75 percent of the difference between last year's seven percent pay ceiling and the rates payable had there been no ceiling.

In addition, wage earners will also get a regular annual pay increase based on approximately 140 local wage surveys conducted by primary blue collar employers in various geographic areas in the U. S.

Totaled, the two pay increases cannot exceed 9.1 percent, though some increases will be less than the maximum.

Blue collar workers will get the regular pay raise at their normal scheduled times during Fiscal Year 81.

Self ID used for ethnic data

During the next several months Federal employees will get the opportunity to voluntarily identify themselves by ethnic group.

This information is safeguarded by Federal agencies under strict procedures issued by the Office of Personnel Management.

Agencies will collect and maintain the information for the Central Personnel Data File which provides the statistical basis for generating Congressionally-mandated reports on the status of minorities in the Federal civilian work force. This data is also needed to evaluate the effectiveness of equal employment opportunity programs.

The one-time effort complies with a Department of Commerce directive issued in May 1978, requiring all Federal agencies to collect and maintain ethnic data using a common set of race and national origin definitions.

In addition, the new system provides permanent procedures for collecting such data on new employees.

Following the directive, all agencies are converting from the old minority categories to the new, which are:

Black, not of Hispanic Origin
Hispanic
American Indian or Alaskan Native
Asian or Pacific Islander
White, not of Hispanic Origin
Not Hispanic in Puerto Rico

Sea Service Deployment Ribbon now being awarded to sailors

The Sea Service Deployment Ribbon is awarded in recognition of the arduous nature of sea duty that the majority of the fleet experiences in a daily basis. It is initially awarded to those Navy, Marine Corps and Coast Guard members who have served 12 consecutive months on sea duty, or on duty with the Fleet Marine Force (FMF) between August 15, 1974 and Jan. 1, 1979.

For award purposes, sea duty is duty performed in commissioned vessels or activities in an active status based on the United States or overseas which operate away from their home base/home port for extended periods. Deployed units are aircraft squadrons, detachments, battalions or other units operating away from a home base/

home port for periods of at least 90 consecutive days. Personnel assigned to U. S. homeported units, including Hawaii and Alaska, must deploy for at least 90 consecutive days in any tour to earn the award. Personnel on sea duty assigned to overseas based units earn the award when they have been aboard for 12 months. Personnel on TAD must meet the 90 day deployment requirement calculated on the basis of a 30 day month; subsequent awards will be made for each tour of sea/FMF duty, with a tour being defined as 12 months.

It is at the discretion of the commanding officer to determine an individual's eligibility and to make the appropriate service record entries. (NES)

Reserve bonus available

A reenlistment bonus of \$600 is now being offered to eligible active, reserve, and prior service enlisted personnel who reenlist in the Individual Ready Reserve (IRR).

Individuals applying for the bonus must possess a skill designated for the program by the Secretary of the Navy, and must have less than 10 years of total service, although the latter qualification will be considered for waivers.

Active duty personnel may obtain additional information through the reserve recruiter at their support installation or through the nearest reserve activity. Prior service personnel may contact a recruiting station or a reserve activity. Members of the IRR or standby reserve should contact the Commander, Naval Reserve Personnel Center (Code 70), 4400 Dauphine Street, New Orleans, La. 70149, or call (504) 948-5863.

WISP termed success; temporary duty to expand

The Women in Ships Program, implemented in November 1978, assigned 53 women officers to 14 ships and 396 enlisted women to five ships. At the end of Fiscal Year 1980, 120 women officers were serving in 27 ships and 694 enlisted women were aboard 10 ships. By the end of Fiscal Year 1981, 158 women officers are scheduled to be aboard 29 ships with 1,500 enlisted women aboard 16 ships. Long-range plans call for 190 women officers and 5,000 enlisted women to be on sea duty by Fiscal Year 1985.

The Office of the Chief of Naval Operations reports that "without question, the Women in Ships Program has been an impressive success. Women are routinely performing in both traditional and non-traditional areas with skill, confidence and dedication."

Expanded utilization of women also involves Temporary Active Duty (TAD) assignments to ships not expected to have a combat mission. Such temporary assignments may occur in performance of and for the period required by normal military duties, not to exceed 180 days.

TAD is authorized wherever required in performance of military duties or in support of required training. TAD assignments normally will be performed in Second and Third Fleet ships for periods less than the 180-day maximum. Although temporary duty elsewhere is not precluded, it should occur for only relatively short periods in special circumstances such as inspection/repair/assist teams, indoctrination training, etc.

Extended TAD assignments which make women, for all practical purposes, permanent and essential crew members of combatant or mobile logistics support force ships for duration of forward deployment are not appropriate, and assignment aboard forward deployed units require approval of top-level fleet commanders.

Promotion dates change for line/staff officers

The Defense Officer Personnel Management Act (DOPMA) was signed into law by the President on Dec. 12. Enactment of DOPMA will cause Fiscal Year (FY) 82 promotion boards and fitness report submissions to change.

DOPMA required that promotions be effected on time, rather than back dated. Therefore, the FY 82 promotion eligible boards must be held before the Sept. 15 effective date. This will allow all FY82 promotion eligible officers to be promoted under the same law. The following is a schedule of the active officer promotion board changes:

Staff Officers
Commander to Captain Mar. 2-Mar. 13
Lieutenant Commander to Commander Apr. 13-Apr. 24

Lieutenant to Lieutenant Commander May 11-May 22

Lieutenant (junior grade) to Lieutenant Jul. 6-Jul. 17

Line Officers
Commander to Captain Feb. 9-Feb. 20

Lieutenant Commander to Commander Mar. 16-Apr. 3

Lieutenant to Lieutenant Commander Apr. 20-May 15

Lieutenant (junior grade) to Lieutenant Jun. 8-Jul. 3

Specific zones of eligibility will be announced in the near future by the Commander, Naval Military Personnel Command.

Friday, January 16, 1981

THE OAK LEAF

Armed Forces to start medical incentive pay

A recent public law enactment (Public Law 96-284) will allow the Armed Forces to initiate a Uniformed Services Health Professionals Special Pay program, which will be promulgated by an "ALNAV" message in the near future.

The Chief, Bureau of Medicine and Surgery will notify selected medical officers of their eligibility for incentive special pay within two weeks following the promulgation of the Navy's policy and procedures of this program.

Although this program is not yet in full swing, the anticipated procedures are as follows:

The Bureau of Medicine and Surgery will notify each entitled Medical Corps Officer, via his commanding officer, of his or her eligibility to incentive special

pay. The letter of notification will include the format of required agreements to remain on active duty, as well as the amount authorized and instructions for completion of the agreement.

The commanding officers, upon receipt of the notification and in addition to the instructions provided, will ensure that a copy of the appropriate executed agreement with the commanding officer's acceptance endorsement, or Commander, Naval Military Personnel Command approval, and the BUMED letter are forwarded to the appropriate disbursing office for payment.

Upon receipt of the BUMED letter and members' executed agreement, the disbursing office will start the new incentive pay.

R and R/money offered for overseas extensions

Another incentive has surfaced from the newly enacted "Military Pay and Allowances Benefits Act of 1980," in the form of an overseas tour package.

The purpose of providing incentives to enlisted personnel stationed in an overseas location is to encourage more personnel to volunteer to extend their tours.

It is expected that the Navy as well as the members will benefit from this incentive, as the service member will be able to enjoy a longer tour in a personally chosen area, and can put off the personal turbulence associated with a permanent change of station (PCS) move. The Navy will benefit from the extended tours of duty through increased command stability associated with the longer tour, and through decreased PCS travel money that would be incurred with a change of station move.

The service member, upon approval of an extension request, will have the choice of up to \$50 per month special pay for each extended month, 30 days

rest and recuperative (R and R) absence, or, 15 days R and R plus round-trip transportation at Government expense from duty station to the nearest port in the Continental United States and return.

Certain overseas areas and rating specialties will be incorporated within this program and will be based primarily on the overseas areas which are the most difficult to keep adequately manned. Enlisted specialties and overseas areas will be added or deleted from the program as required by future service needs.

In order to be considered for this program, a member must extend for a minimum of 12 months beyond his or her projected rotation date. Enlistment extensions will be required for those individuals who have less than 12 months remaining on their enlistment.

For further information on this program, interested service members are encouraged to contact their local Personnel/PASS Office.

New meal rates in affect

The Chief, Bureau of Medicine and Surgery has announced new meal rates for hospital mess facilities, which became effective on Jan. 1. The new rates are:

	Breakfast	Lunch	Dinner	Holiday Meal
Enlisted Personnel, Officer Candidate, and NROTC/ROTC Students	\$.70	\$ 1.50	\$ 1.50	\$ 2.15
Officer, Enlisted and Civilian Personnel receiving per diem	1.80	3.75	3.75	5.55
Officer and Civilian Personnel NOT receiving per diem	1.10	1.90	1.90	3.40
Children under 12 years of age	.75	1.15	1.15	2.30

Reimbursement rates for inpatient and outpatient medical and dental care patients has also been revised. The new subsistence rate is \$3.70.

Navy offers college and a commission

The Navy offers two programs for those highly motivated service members who are seeking to better themselves academically and career-wise.

The Navy's Enlisted Education Advancement Program (EEAP) provides a focus that a career-minded enlisted person can address, if he or she is interested in pursuing a full time course of instruction that will lead to an associate (two year college) degree. The EEAP selection board will meet in March 1981 to consider those applicants who meet the following general requirements:

- Be on active duty (USN, USNR, TAR).

- Have completed four to 14 years of continuous active duty service by Sep. 1, 1981; E-5's with a minimum of three years active duty will also be considered.

- Be eligible to begin a shore duty tour with a projected rotation date (PRD) between Sep. 1, 1981 and Aug. 31, 1982. Or, if presently on shore duty, must have two years remaining as of Sep. 1, 1981.

- Have a high school diploma, have obtained a GED or possess a similar equivalency certificate.

- Have a general clerical test/arithmetic (GCT/ARI) or a word knowledge/arithmetic (WK/AR) score of 110.

EEAP applications must be submitted to the Chief of Naval Education and Training (N-1132) before Feb. 1, 1981.

The Navy's Enlisted Commissioning Program (ECP) offers those Navy career-motivated persons the opportunity to earn both a baccalaureate (four-year college) degree and a regular Navy commission. Those service members who are selected under the ECP will be selected to a Naval Reserve Officer Training Corps (NROTC) host institution on a full time basis, with their commissions being granted via Officer Candidate School (OCS) or Aviation Officer Candidate School (AOCS).

The ECP selection board will meet in February 1981 to consider applicants who meet the following requirements:

- Be on active duty (USN, USNR, TAR).

- Have completed four to 11 years of active duty service.

- Have sufficient college credit to complete the program in 24 months.

- Agree to enroll as a full time student and major in a discipline which has direct application to the unrestricted line.

- Pass a qualifying physical examination for officer commissioning.

ECP applications must be submitted to the Chief of Naval Education and Training for consideration before Feb. 15, 1981.

Those military members who are interested in either the EEAP or the ECP Navy programs should contact their command career counselor for further details.

Military funeral manual offered

The Navy Military Funerals Manual provides Navy activities with specific guidance for rendering military honors at funerals, as well as instructions for conducting military funerals ashore and afloat.

In order to obtain a copy of this manual, interested parties may write to the Navy Publications and Forms Center, 5801 Tabor Ave., Philadelphia, Pa., 19120. The stock number for this publication is 0500-LP-277-8240, and must be contained in the individual request.



JAPANESE VISITORS—Tadashi Honda, M. D., Director General of the Health and Medical Bureau, Japan Defense Agency, paid a recent visit to NRMCO to gather information on methods, management and personnel staffing of U.S. Navy hospitals. While here he conferred with Rear Admiral Walter M. Longergan, Commanding Officer, and Captain Joseph P. Smyth, Director of Clinical Services. Pictured (l to r) are: Admiral Lonergan, Dr. Honda, unidentified interpreter, Vice Consul Tsumo Endo of the San Francisco Office, Consulate General of Japan, and Captain Smyth.

1981 Publication Dates

The following are publication dates for **Oak Leaf** during Calendar Year 1981:

Publication Date	Copy Deadline
Jan. 16, 1981	Jan. 8, 1981
Jan. 30, 1981	Jan. 22, 1981
Feb. 13, 1981	Feb. 5, 1981
Feb. 27, 1981	Feb. 19, 1981
Mar. 13, 1981	Mar. 5, 1981
Mar. 27, 1981	Mar. 19, 1981
Apr. 10, 1981	Apr. 2, 1981
Apr. 24, 1981	Apr. 16, 1981
May 8, 1981	Apr. 30, 1981
May 22, 1981	May 14, 1981
Jun. 5, 1981	May 28, 1981
Jun. 19, 1981	Jun. 11, 1981
Jul. 2, 1981	Jun. 24, 1981
Jul. 17, 1981	Jul. 9, 1981
Jul. 31, 1981	Jul. 23, 1981
Aug. 14, 1981	Aug. 6, 1981
Aug. 28, 1981	Aug. 20, 1981
Sep. 11, 1981	Sep. 3, 1981
Sep. 25, 1981	Sep. 17, 1981
Oct. 9, 1981	Oct. 1, 1981
Oct. 23, 1981	Oct. 15, 1981
Nov. 6, 1981	Oct. 29, 1981
Nov. 20, 1981	Nov. 12, 1981
Dec. 4, 1981	Nov. 25, 1981
Dec. 18, 1981	Dec. 10, 1981

Contributions and suggestions for improvement of **Oak Leaf** are always welcome from officer, enlisted and civilian staff members, and patients of this medical center as well. You may help us make this newspaper an effective communications vehicle by submitting new tips, either written or by phone to Ext. 2113, and by adhering to the deadlines listed above.

BMC pulls anchor to return to sea

Chief Boatswain's Mate Charles L. Lamar recently departed Naval Regional Medical Center Oakland, after three years service as Senior Counselor of Alcohol Rehabilitation Service (ARS), for duty as Deck Department Chief on USS RANGER (CV-61), or as he puts it, "the top gun—that haze grey ship in the bay."

The popular chief, known informally at this command as both "Skip" and "Boats," received a letter of commendation from the commanding officer for exceptional achievement as ARS senior counselor from November 1977 to December 1980. In addition to praise for firm compassion, understanding and willingness to give freely of his after-duty time, Chief Lamar was cited for providing a "flair and sharpness to military ceremonies throughout the command."

With 16 years' Navy service to his credit, he hopes to make it "somewhere around 30 years, plus," adding (with a bit of humor and salt) that his immediate future goal is "to square away the Middle East."

No stranger to sea duty, the chief has previously served aboard USS SALISBURY SOUND, USS HOOPER, USS CONSTELLATION (two tours), USS KITTY HAWK, USS COCOPA, and USS TRIPOLI.

The 37-year-old career man, the son of Mrs. Leah Wahlen of American Falls, Idaho, plans to continue volunteer



BMC Charles L. Lamar

duty for recovering alcoholics whenever and wherever possible. His family—wife Sandra and children Dawn, 16, and Stacey, 12—are making their home in Salt Lake City, Utah, while the chief is at sea.

Chief Lamar's duties as senior ARS counselor here have been taken over by veteran counselor Isaac Starke. Commander R. A. Golden, Chief of ARS, announces that applications are now being accepted for new counselors in that service and urges all interested military personnel to contact his office.

Aliens must register now

Aliens serving in the U. S. Armed Forces, and military members who have relatives who are not citizens but residents of the U. S., are reminded that aliens in the United States and its possessions are required to report their addresses each year to the Attorney General during the month of January.

Appropriate cards (Form 1-53) are available at all U. S. post offices, including the one at Oak Knoll, during January, and at Immigration and Naturalization Service offices throughout the year. The completed, signed and stamped card may be dropped in any mail box.

Aliens temporarily absent from the U. S. during January should not report their addresses but must do so within 10 days after return to the country.



FAREWELL—Hospital Corpsman First Class Ann C. Gray, formerly of Military Manpower Service, recently departed to San Diego as her first step in changing rate to Data Systems Technician (DS). Following the electronics course, Petty Officer Gray will be attending DS "A" school at Mare Island.



SURPRISE—Commander Stanley Bagbey was pleasantly surprised on his birthday when the Oak Knoll Nurse Corps staff Commanders and Captains arranged for this singing telegram. The singer, from National Singing Telegrams, turned out a brilliant performance, singing her happy birthday message to the melody from Handel's Messiah Hallelujah Chorus.

TO NEW BILLET—Captain Phyllis A. Butler, Chief of Nursing Service here since September 1979, has now departed this command to fill the same position at Naval Regional Medical Center San Diego. Captain Jo Ann Morton, already on the Oak Knoll staff as assistant director of nursing, will act as the service's head until the arrival in February or March of Captain Janice Emal, whose last assignment has been with Shore Requirements, Standards and Manpower Planning System, in Washington, D. C. A farewell party for Captain Butler was held last month. It was her second tour of duty at Oakland, during a Navy nursing career that spans more than 23 years' service.



New housing manager at Oak Knoll

Edna Albino is the new Housing Manager assigned to Oak Knoll. Employed by the Navy Public Works Center, she is responsible for the management of all Navy family housing at the hospital.

Formerly assigned to the Contracts Office at the Public Works Center, past experience will be helpful in her present position. "I'm pleased to be joining the Housing Department, staff and past experience in contracting will be an asset. I particularly look forward to working with military families and assisting them in taking care of their housing needs. This opportunity to become more familiar with housing management is also important in other ways. For example, the demand for

housing in California is readily evident. Coupled with my work experience background, this opportunity to take a more active role in the housing management field will widen future employment potential," Edna stated.

Edna has 15 years in federal civil service. A native of Berkeley, she is the daughter of the late George Haggerty, a former fire chief in the city of Berkeley. According to "City Fathers," Mr. Haggerty had one of the "finest" records of any fireman in that city's history and was the third fire chief to serve in that city.

Edna lives in Castro Valley with her husband, Tony. They have a son, Charles of Hayward.

Back in Navy

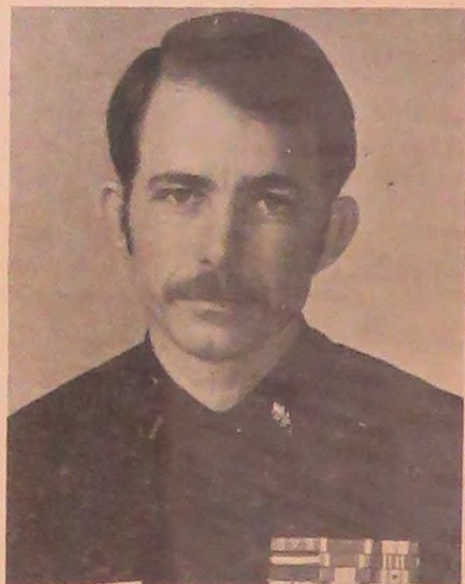
Hospital Corpsman Third Class Jerome A. Hearlman, a former member of the Oak Knoll staff, has reenlisted after being separated from the Naval Service.

Petty Officer Hearlman reenlisted at Navy Recruiting District, Seattle, Wash., and is now assigned to Treasure Island awaiting orders.

In memoriam

Memorial services were held Dec. 9 in St. Luke's Chapel at Naval Regional Medical Center Oakland for Hospital Corpsman Second Class Kelly Jones, 33, who was found dead Dec. 4.

Petty Officer Jones, who was an X-ray technician in Radiology Services, leaves a wife, Faye, of Vallejo.



THE WAY HE IS—If you guessed our last issue's "who is it" personality as LTJG Robert P. Owen, you are absolutely correct. LTJG Owen is currently serving on the Oak Knoll staff as the Chief, Military Manpower Service.

X-ray tech school holds graduation

Basic X-Ray Technician School Class Number 80-007 held its graduation ceremony in the Clinical Assembly on Dec. 5. An open house followed the ceremony at the x-ray school building.

Hospitalman (HN) Desmond C. Brown was named as class valedictorian with a 99 average overall for the 12 weeks of training. HN Brown has now been assigned to National Naval Medical Center, Bethesda, Md.

Other graduates and their next duty station are:

Hospital Corpsman Second Class (HM2) Francis Mateo, Class Spokesman, to Naval Hospital, Lemoore, Calif.; HM3 Daniel R. Bunkers to NRMCC Corpus Christi, Tex.; HM3 Mark A. Busam, to NRMCC Charleston, S. C.; HN Jim E. Christian to NRMCC Great Lakes, Ill.; HN Pamela J. Devries to Naval Hospital, Patuxent River, Md.; HM3 Robert J. Gardner to NRMCC Great Lakes, Ill.; HN Maxine M. Gilley to NRMCC Charleston, S. C.; and HM3 Sergio Guilbaud to

Naval Amphibious Base, Little Creek, Va.

Also HM3 Johnny M. Honeycutt to Naval Hospital, Beaufort, S. C.; HN Christopher McCloud to NRMCC Orlando, Fla.; HN Steven R. Peterson to NRMCC Camp Pendleton, Calif.; HM3 Petra L. Proskauer to NRMCC Bremerton, Wash.; HM3 Anthony D. Reynold to NRMCC Bethesda, Md.; HN Christopher E. Roser to Naval Medical Submarine Center, Groton, Conn.; HN Howard P. Stokes to NRMCC Jacksonville, Fla.; HM3 Timothy H. Terrell to NRMCC Camp Lejeune, N. C.; HN Mitchell L. Thurman to Naval Aerospace Medical Center, Pensacola, Fla.; HN Mark W. Ulrich to Naval Station Branch Clinic, Norfolk, Va.; HN Thomas A. Valencia, to NRMCC Long Beach, Calif.; and HM3 Jeffrey K. Yearout to NRMCC Orlando, Fla.

Friday, January 16, 1981

NRMC Oakland's Christmas Babies



YOUNG DRIVER—AMH1 Douglas Driver and his wife Caridad are the proud parents of this baby girl, which was Oak Knoll's first baby born on Christmas day. The tot came into its new world at 5:31 a.m., weighing in at five pounds, six ounces.



MERRY CHRISTMAS—Nurse Corps LT Mary Winton and her husband, LT James Winton, received a different kind of package this year—an eight pound-one ounce baby boy named Christopher. The new addition to the Winton family made his entrance at 5:32 p.m. on Christmas day.

Kudos.....

Retirement

Captain Gary Zelles, MC, General Surgery.

Promotions

Lieutenant (junior grade) Katherine Copps, NC.

Lieutenant (junior grade) Karen Nielson, NC.

Lieutenant (junior grade) Pauline Suszan, NC.

Advancements

Hospital Corpsman First Class Robert Nelson.

Hospital Corpsman Second Class Keith Vail.

Reenlistment

Hospital Corpsman Second Class Jeagani A. Leal, Laboratory Service.

Letters of Appreciation

Lieutenant Evelyn Deane, NC, Radiology.

Captain Warren Hodge, MC, from Commanding Officer, Navy Recruiting District, San Diego, Calif.

Lieutenant Jean Allen, NC.

Lieutenant Cynthia Droz, NC.

Dental Technician Third Class Charles Dyer.

Dentalman Jeffrey Sweinhart.

Lieutenant (junior grade) Marie Di Lorenzo, NC.

Lieutenant Dennis McClain, NC.

Hospital Corpsman Second Class Cesar Ortega, Eye Clinic.

Lieutenant Thomas McLaren, NC.

Frocking

Lieutenant Commander Barbara J.

Boberick, NC.

Lieutenant Commander David L. Mehlum, MC, ENT Clinic.

Awards

Ensign Betty Gunter, NC, Air Force Commendation Medal.

Hospital Corpsman First Class Frank Gillette, Psychiatry, Commanders Award from Commandant, Academy of Health Sciences, FSH, Texas.

Lieutenant Commander Gary Schick, MSC, Officer in Charge, Branch Clinic, Treasure Island, Navy Achievement Award.

Hospital Corpsman Second Class Taylor Smith, Good Conduct Award.

Hospital Corpsman Second Class Manuel Hernandez, Good Conduct Award.

Hospital Corpman Second Class David Hershenzon, Photo Lab, Good Conduct Award.

Hospital Corpsman First Class Joseph D. Braden, Medical Repair, Third Good Conduct Award.

Letters of Commendation

Operations Specialist First Class Randy Franks, Operating Management Service, from Commander, Carrier Group Seven.

Hospital Corpsman Second Class Humberto Monge, Critical Care Unit.

Hospital Corpsman First Class Frank Gillette, Psychiatry.

Commander Virginia L. Pritchard, NC.

Temporary promo appointments made

Seven Medical Corps officers assigned to this command have received temporary promotion appointments.

Promoted to Commander: Narayana V. Bulusu, Urology resident, date of rank (DOR): Oct. 1, 1980; **Nora De Leon Vasquez**, Moffett Branch Clinic, DOR: Oct. 1, 1980; **Ivan C. S. Choi**, Alameda Branch Clinic, DOR: Oct. 23, 1980; **David S. Forth**, Laboratory Service (Pathology), DOR: Oct. 23, 1980.

Promoted to Lieutenant Commander: Thomas J. Harries, Orthopedic resident, DOR: Oct. 7, 1980; **John A. Schvaneveldt**, ENT resident, DOR: Oct. 7, 1980; **Robert E. Taylor**, ENT resident, DOR: Oct. 7, 1980.

Temporarily appointed to the rank of Captain, DOR Sept. 1, 1980, was **Charles W. Halverson**, Medical Service Corps, former Officer in Charge of Preventive Medicine School here from February 1974 through September 1978.

MSC transfers announced

The latest rotations for Oak Knoll's junior Medical Service Corps officers is in effect, and includes the following transfers:

Ensign Phillip S. Fordice to Civilian Personnel.

Lieutenant (junior grade) Arthur W. Fox to Comptroller's Office.

Lieutenant (junior grade) Robert J. Burg to Assistant Chief of Operating Management Service (permanent position).

Ensign Robert Hoffner to Operating Management Service.

Lieutenant (junior grade) Cynthia DiLorenzo to Outpatient Administration.

Lieutenant Jerald L. Ulmer to Patient Affairs, and

Lieutenant David Gustafson to Supply.

Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Evelyn Deane, NC, RAD.

Lieutenant Commander Mark Peterson, MC, Psychiatry, RAD.

Lieutenant Jean Allen, NC, RAD.

Lieutenant (junior grade) Marie DiLorenzo, NC, to Subic Bay.

Commander Virginia Pritchard, NC, to NRMC Philadelphia.

Lieutenant Dennis McClain, NC, to Okinawa.

Lieutenant Commander David Fetters, MC, to Okinawa.

Lieutenant Thomas McLaren, NC, to Guam.

Lieutenant (junior grade) Marie DeLiberto, NC, to Subic Bay.

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"Welcome aboard" to newly arrived:

Lieutenant Commander Mark Jacobs, MC, Radiology Resident.

Lieutenant Barbara Boberick, NC.

Lieutenant (junior grade) Nancy Ramer, NC.

Lieutenant (junior grade) Theresa Collins, NC.

Lieutenant (junior grade) Diane Workman, NC.

Ensign Kathleen McEvoy, NC.

Ensign Kathleen Williams, NC.

Ensign David McQueen, NC.

Ensign Carol Gibson, NC.

Ensign Debra Gates, NC.

Hospitalman Donald E. Boot, Emergency Room.

Hospitalman Donald E. Boot, Emergency Room.

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Hospitalman Donald E. Boot, Emergency Room.

Stop! Drop! Roll!—it's time for everyone to learn not to burn

Although Fire Prevention Week is observed in October, the potential for fire exists everyday, everywhere. Each year more than 12,000 lives are lost in fires. Of this, half are toddlers and the elderly who lose their lives in home fires.

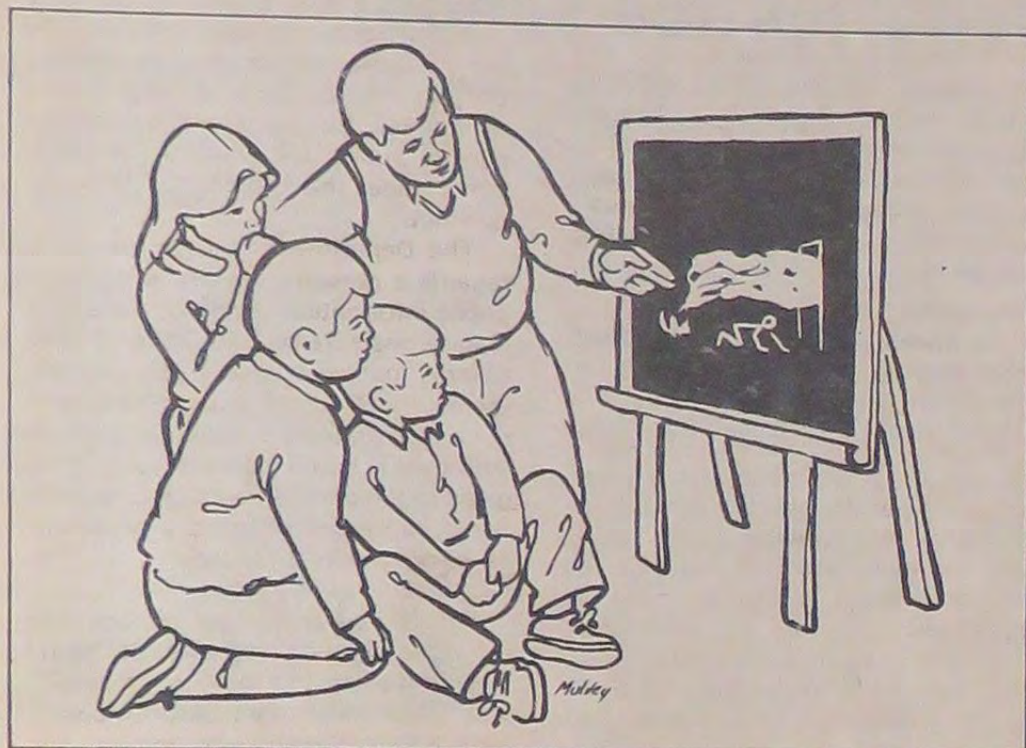
In 1979, fire losses for industrial, utility and defense properties increased 62 percent above 1978 incidents, with a monetary loss of \$966 million. There are many reasons why such drastic losses continue to occur.

The National Fire Protection Association indicates that most people who die in home fires were trapped because of failure to plan and rehearse escape routes for a fire emergency. Most property fires could have been prevented had someone recognized the potential hazard and taken the proper steps to correct it, before a fire occurred.

Everyone should be advised of what to do if and when a fire breaks out at home or at work. They should also be advised what to do should they suddenly find themselves engulfed in flames.

Education is the key

Parents should show as well as teach their children how to keep calm, and crawl out of an area where a fire is. They should be drilled constantly on fire escape plans, including where to meet after fleeing a fire. They should also know to avoid open flames such as heaters, fireplaces and candles. Children should be told not to play with matches, stoves or electrical outlets.



Young adults should be advised of the dangers of smoking around anything that gives off combustible vapors, such as gasoline, especially when it's being poured into an automobile's or lawn mower's tank. They should be warned about smoking in bed, and reminded to stay away from open flames or hot stove elements.

Office supervisors should ensure that their people are aware of the location of emergency exits. In addition, emergency procedures should be stressed: a fire should never be fought by just one person; elevators should never be used during a fire; doors and windows should be closed; cracks sealed off; and rescue signals should be underscored.

Many home and office fires can be avoided if certain basic precautions are exercised. "No Smoking" signs must be strictly observed, smoking allowed only in designated areas. Ensure that cigarettes and matches are out before disposing of them. Flammable liquids should be used only if they are in approved safety cans and should be kept away from flames and sparks; use only the quantity needed for the job, and work in a well-ventilated area. Trash should be placed in proper containers and should be emptied periodically. Extension cords should not be used as permanent wiring; damaged or frayed electrical cords should be repaired or replaced. Octopus outlets can overload circuits. Coffee messes in government buildings are

required to have a permit, after fire department and electrical inspections have been performed.

Plan and practice for a safe escape

The Fire Marshall's Association of North America has initiated a program entitled EDITH—Exit Drill In The Home. EDITH is a program designed for family participation. It helps family members help themselves in the event of fire or other hazardous situations. To make EDITH work for you, the following are recommended.

- Get all the family members together to discuss the possibility of a home fire. Discuss escape routes to the outside from each room, particularly bedrooms. Sometimes rising heat and smoke may eliminate a stairway as a means of escape.

- Walk through the primary escape route several times. Try it in the dark or with eyes closed. Memorize the number of steps between obstacles or turns. If a piece of furniture is in the way, move it to clear a path. Likewise, plan alternate ways of escape from each room. Question whether the alternate routes can be followed. Are they blocked? Do children stumble or fall?

- Also, a window may be impossible to open, too small, or too high to reach. A screen may be held fast by paint-encrusted hooks that no child could possibly unlatch. Most importantly, agree on a place to meet outside the home, so you can count noses in an emergency and therefore be sure everyone is safe.

- If, in the event of fire, you are forced to drop from an upper bedroom window, throw down a mattress, if possible, to soften your fall; then slide out the window backwards on your stomach, hang briefly from the window sill, flex your legs slightly and let go. By hanging from the second story window sill you are already about one third of the way to the ground. Don't jump unless you are already about one third of the way to the ground. Don't jump unless all other escape routes are cut off and the fire and heat are unbearable. If you take a standing jump or jump from a sitting position, you increase the chances of injury. If bedroom windows are too high for safe jumping, perhaps ropes or chain ladders should be stored next to windows in each bedroom.

- Always keep bedroom doors closed; even a thin door can prevent fire and toxic gases from reaching you. If you have to open an inside door during a fire, first touch the knob and the top of the door. If either feels hot, don't open it—use a secondary route. Fire on the other side might flash into your room.

- Should you awaken in a smoke-filled room, cover your nose and mouth with a pillow case, bed clothing, or any cloth available, and crawl on the floor to the nearest window. The air closer to the floor is safer—but take short breaths only.

- Don't call the fire department from the burning home. First get out safely, then telephone from a neighbor's home or use an alarm box.

- Go back into the house or apartment only *after* the firefighters have assured you that the fire is fully extinguished and the structure is sound.

If you are the one on fire

Should you or your family members find their clothing on fire, remember to: STOP! DROP! ROLL!

- Stop—is a positive word that leaves no room for any other interpretation. When working with children, transmit simple, positive information.

- Drop—is the most important part of this concept. By dropping to the floor, you get into a horizontal position—fire burns up. If your clothes are on fire, the fire burns upward. If you are standing, your head, face and chest are the areas burned. If you are horizontal, the flames burn away from your body.

- Roll—by rolling over your fire-engulfed clothing, you momentarily cut off oxygen to the fire and smother it.

By practicing stop, drop and roll, the physical action is impressed on young minds, so that in a crisis situation, reaction will be automatic.

As in any life or death situation, DON'T PANIC. If your escape is simply by walking out of the front door, close it behind you. Open doors and windows only create drafts that feed fire. Once outside, meet at a selected assembly point, and don't permit anyone to re-enter the burning building.

If you and your family remain calm when fire strikes, chances are your lives will be saved. Not until everyone understands the dangers of fire and the need for strict observance of safety precautions and escape preparations, will fire prevention and life preservation become household phrases. (NES)

Fetal alcohol syndrome; an infant's enemy

Husband: "Hon, how about a little wine before dinner?"

Expectant wife: "Sure, why not. A little couldn't hurt."

It was not uncommon for a doctor to condone the practice of an expectant woman consuming a little wine before meals. But recently, researchers have uncovered strong evidence of a direct link between heavy and moderate alcohol intake by pregnant women and a condition that affects 5,000 infants a year in the U.S.—the Fetal Alcohol Syndrome (FAS).

Characteristics of FAS:

Fetal Alcohol syndrome can cause any of the following:

- Mental retardation with average IQ's in the low 60's.

- Low birth weight and small size due to prenatal growth deficiencies which usually continue to retard after birth.

- Various birth defects that include small heads, facial irregularities, joint and limb abnormalities, heart and urinary tract defects and poor coordination.

- Some behavioral problems such as hyperactivity, extreme nervousness and poor attention spans.

Alcohol and the unborn; the cause

The precise cause of FAS is unknown, but it is explained in the drastic effect alcohol consumption has on a developing child. Shortly after an expectant woman takes a drink, the alcohol enters the fetus' bloodstream (by way of the placenta) at almost the same alcohol level (percentage) that the mother initially ingested. The unborn child is not capable of handling the alcohol; the baby's liver can only break the alcohol down at half the speed of an adult's liver. As a result, the unborn infant faces a potent, long-lasting dose of alcohol that could (and usually does) interfere with his or her growth and cell division in the central nervous system (the brain and spinal cord).

Alcohol and the unborn; the effect

Researchers indicate that the severity of the effect alcohol had upon an infant is dependent upon the amount of alcohol the mother consumes, the month of pregnancy in which it is consumed and how the developing child reacts to it.

A direct relationship was found between the average daily in-take of alcohol and the probability of the child

contracting FAS: if the mother drinks less than two drinks per day, the chances are one in 50; chances are one in 10, if the mother drinks two to four drinks daily; with more than four drinks, chances are increased further to one in five. A child born to an alcoholic mother has a single chance out of two of suffering from FAS. Although there is not yet enough substantiated evidence, it is assumed that even occasional drinking can produce FAS symptoms.

The month of pregnancy is important to the possible degree of FAS because during the first month, the woman is not usually aware of her pregnancy. Drinking alone during the first three months of a pregnancy may account for the overall mental retardation and birth defects in children (FAS is considered the third most common known cause of mental deficiency in children), but it is during the last six months that a child's growth can be impaired.

Also, it appears that some unborn babies are more resistant to alcohol than others. Of the infants studied, a few with all of the FAS symptoms, others with just a few, and some with

none. Therefore, no one really knows how much alcohol an expectant mother can safely consume.



The Alternatives

The National Institute on Alcohol Abuse and Alcoholism suggests an alcohol intake limit of two average size mixed drinks or its equivalent in beer and wine a day. However, as a matter of concern, many health professionals recommend that mothers-to-be "do without" during the entire pregnancy (NES)

Friday, January 16, 1981

THE OAK LEAF

Born in a U.S. military hospital overseas, perhaps, but. . . .

IS YOUR CHILD A CITIZEN?



If you have had a child born overseas during the time you have been in the service, you probably think you have done everything necessary for that child to prove that he or she is a United States citizen. Unless you have obtained a Certificate of Citizenship for that child, you have not, as parents, taken the necessary steps to provide your child with the documentation necessary to show that he or she is an American citizen.

If you have had a child born overseas, you probably have one or several State Department forms reporting the child's birth, or authorizing the child's admission to the United States. These forms are not sufficient, however, to prove American citizenship.

With certain unusual exceptions, if either of the parents of the child is an American citizen at the time of the birth abroad, the child will be a full-fledged American citizen, entitled to all rights a child born in this country would have.

Since our Constitution states that any child born in this country is an American citizen, the common way of proving that a person is a citizen is by showing a certificate of birth in the United States. The foreign-born child, of course, will be unable to show such a certificate of birth and, therefore, will be unable to prove his citizenship unless an extensive check is made to determine the citizenship of the parents and whether any of the unusual circumstances are present which could preclude the child's being a citizen even though his parents are citizens.

To simplify proving one is a citizen in a situation such as this, the Immigration and Naturalization Service issues a legal document known as a Certificate of Citizenship. This certificate is the legal proof that the person named thereon is a citizen.

It is important to remember that the child is already a citizen and the certificate merely proves it. This is not a certificate of naturalization, but merely a certificate to prove existing status. The child would still be a citizen even though he did not have this certificate, it would just help him to be able to prove it.

To obtain this Certificate of Citizenship, it is necessary to file an application form, No. N-600, with the nearest Immigration and Naturalization Service Office and pay the necessary fee.

An immigration officer will then make the necessary inquiries to insure that your child is a citizen, and if all is in order, the Certificate of Citizenship will be forthcoming.

A Certificate of Citizenship should be processed immediately because when it is needed it may take considerable time to round up the necessary documentation and the people required to be interviewed.

If the child and both parents are not together at the same time, do not hesitate in requesting a Certificate of Citizenship. There are immigration offices in almost every country in the world.

Some of the purposes for which the Certificate of Citizenship may be necessary are: to prove citizenship to get a passport, to enter a child in school in some states, to receive a commission in the Armed Forces, to secure a Government job, to expedite a security clearance, and for Social Security purposes.

If you have any questions regarding Certificates of Citizenship, do not hesitate to make an appointment for legal assistance to discuss the matter with an attorney. You may also obtain information by writing to The Immigration and Naturalization Service.

The credit issue:

Is it an asset or a liability?

Credit, the modern day "Catch 22." You need a credit record to get credit and you get such a record by having credit. Young people, especially, find it hard to break into the cycle. Military members, whether they are young and just starting out, or older and well-established, may be turned down for credit because they have made it a habit to pay cash or because their credit record didn't accompany them to a new duty station.

The civilian business population is not readily aware of the military member's buying power. Many civilians still assume that the average service person makes no more than \$200 a month. Additionally, bank lenders are leery of lending money to or financing service members below the paygrade of E-5, because of the "assumed" take-home pay of service members E-4 and below.

However, an excellent way for young members to get started toward producing good credit records is through a bank savings account.

An allotment or consistent cash deposits could be made into a bank account. After a substantial amount of money has been saved, you can borrow from the bank, using the savings as security. Repay a loan by allotment or regular cash payments. The same procedure can be applied to a credit union, but usually credit unions do not give, or are not considered as credit references.

Once a good credit record has been established at one duty station, how does a military member or family take it along to the next duty station? Nearly every locality has credit reporting service—generally referred to as a credit bureau. Visit the credit bureau where you live now and ask them to forward your record on to the city or town nearest to your next duty station. There is usually a nominal charge for this service, but paying it can be worth much more in the increased ease with which you can obtain credit when you arrive at your new location.

A good credit record is a record of good paying habits. But what if you suddenly realize that you have over-extended yourself? If your installment payments total more than 20 percent of your monthly take-home pay (excluding the amount allotted for home mortgages or rent), you may have a problem. If your debts—not including mortgage or rent payments—total more than what you can pay off in a year, you may have a problem. If your creditors are beginning to write letters of complaint to your commanding

officer, then you definitely have a problem.

The armed forces do not have the legal authority to make a member pay a private debt or to divert any part of his or her pay to settle one—except for alimony and child support deemed payable as a result of an action brought in a state court or agency under Public Law 93-647. Non-payment of a debt, however, can lead to serious consequences for a person who is pursuing a military career, even up to an administrative discharge from the service.

In reference to the creditor, the armed forces will not serve as a collection agent for private commercial enterprises. But as a member of the general public, the creditor has some rights under the Freedom of Information Act.

The Department of Defense (DoD) regards a person's military address as public information, and will, therefore, release one's name, rank, date of rank, salary, present and past assignments, final future assignments and office telephone numbers. But an individual's home address cannot be given to the creditor since DoD regards home addresses of military personnel as being within the scope of the Privacy Act.

Before you decide to venture into the world of credit, ask yourself: "Am I already making too many payments?" and "How much debt is too much?" Familiarize yourself with the various forms of credit and credit terms, such as: time vs. installment payments; finance charges and annual percentage rates; revolving or open and charge accounts; and penalties regarding default, delinquency, delays or the prepayment of principles.

Be aware of the various laws and protections that have been established in the consumer's behalf, like the Consumer Credit Protection Act and its components: the Truth in Lending Act, the Consumer Leasing Act, the Fair Credit Billing and Reporting Acts, the Equal Credit Protection Act and the Fair Debt Collection Practices Act.

Credit can be a powerful force in your life. If you use it with intelligence and restraint, it can help you obtain the things you want. If you stay its master, it can serve you well. But if you use credit carelessly, without due regard for the obligations it creates, credit can become your master and you its servant. You can find yourself working not for the things you want for yourself and your family, but just paying for the privilege of using someone else's money.

Legal Service has tax forms

Legal assistance will be available for those individuals who have questions about federal income tax forms, and limited assistance will be available on state forms due to the varying differences between each state.

In order to obtain state and federal forms, interested persons may go to the Legal Service Office located on the third floor in the main hospital. Should your state be one of the many that did not respond to the legal office's request for forms, you will have to write to that state and request them on your own in case they are not automatically mailed to you.

Conserve And Get Credit

Conserving energy is a national goal, but if you can conserve energy and get money back from the government, then it should become your personal goal.

As income tax-paying time rolls around, it is well worth the time a homeowner must take to note energy-conservation steps taken.

Included with the Federal tax package is Form 5695, "Energy Credits," which can be used to claim your own credit.

Here are some of the items that may be claimed as a tax credit—

- insulation put in ceilings, walls, floors, roofs, on water heaters, air ducts, and bare hot pipes,



- caulking or weather stripping for exterior windows and doors,

- furnace replacement burners which reduce the amount of fuel used,

- devices to make heating systems more efficient by automatically closing flue openings,

- an electrical or mechanical furnace ignition system which replaces an existing



furnace burner and is designed to reduce the amount of fuel used as a result of increased combustion efficiency, and

- automatic energy-saving setback thermostats that are made to regulate the demand on the heating or cooling systems in which they are installed.

For the above energy conserving products or compo-



nents you may claim a credit of 15 percent of the first \$2,000 spent.

For solar energy equipment installed on your house you may claim a credit of 30 percent of the first \$2,000 spent and 20 percent of the next \$8,000, not to exceed \$2,000. Similar tax credits are also available for geothermal and wind-powered energy-saving equipment.





CELEBRANTS—Naval Regional Medical Center Oakland chaplains hosted a 205th Chaplain Corps Anniversary Dinner here in early December. Present for the occasion was visiting Rear Admiral Ross Trower, Chief of Naval Chaplains. Among those attending were (l to r): Chaplains John Leshner, Sam Tambourin, Admiral Trower, Chaplain Floyd Ellison, Captain Joseph Smyth (Director of Clinical Services), Chaplains Melvin Hary and Owen Hardage.



HEAD TABLE—Among those seated at the head table during the dinner party were (l to r) Senior Hospital Chaplain Captain Owen Hardage, Mrs. Joseph Smyth, Mrs. G.W. MacKay and Rear Admiral Ross Trower, Chief of Naval Chaplains.



Little acorns...

The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to Lieutenant Gregg Parker, ENT Clinic, and his wife Melinda, Nov. 28.

A baby girl to Hospital Corpsman First Class Robert J. Nelson, Medical Repair, and his wife Cindy, Nov. 28.

A baby boy to Lieutenant (junior grade) Frank J. Waskey, 5 South, and his wife Ursula, Dec. 1.

A baby boy to Hospital Corpsman

First Class Silverio D. Nepomuceno, USS SAN JOSE (AFS-7), and his wife Bertriz, Dec. 2.

A baby girl to Hospital Corpsman Third Class Brian E. Hutchinson, OOD's Desk, and his wife Cassandra, Dec. 2.

A baby girl to Hospital Corpsman Second Class Gary A. Gaines, NAS Alameda, and his wife Robin, Dec. 6.

A baby boy to Lieutenant Commander Robert B. Daggett, Chief of Outpatient Emergency Service, and his wife Luann, Dec. 19.

A baby boy to Lieutenant Mary Ellen Winton, 8 North, and her husband Lieutenant James C. Winton, Legal Service, Treasure Island, Dec. 25.

A baby girl to Hospital Corpsman Third Class Eduardo Geliberte, Primary Care Clinic, and his wife Lois, Jan. 2.

A baby boy to Hospital Corpsman Second Class Elviro B. Ican, ENT Clinic, and his wife Claribel, Jan. 4.

A baby boy to Hospital Corpsman Second Class Gary Griffin, Ortho Clinic, and his wife Paula, Jan. 4.

A baby boy to Lieutenant Commander William Natale, Pathology Department, and his wife Janice, Jan. 5.

No CB equipment shipped overseas

In a recent letter to this command, officials of the Naval Supply Center Oakland point out that shipment of Citizens Band (CB) radio equipment to the Republic of Korea by military members is not permitted.

Furthermore, CB radios may not be shipped to any other area outside the United States and its possessions without specified authorization through command channels from the appropriate overseas commander.



PASTRY CART—Chef Johnny Campbell parades the traditional anniversary cake for 109 guests attending the Chaplain Corps celebration.



CREATIVE HANDS—Rear Admiral Trower, Chief of Navy Chaplains, admires the artistic hands of Mrs. Rosa Estebenez who created the reportedly magnificent wood carving in the background. The carving is an impression of the Medal of Honor awarded to Joseph Timothy O'Callahan and Vincent Robert Copodanno, two Navy chaplains. The wood carving now hangs in St. Peter's Chapel on Mare Island.

Past can be destructive

By Chaplain (CAPT) Owen A. Hardage

There was a story some time ago in a Detroit newspaper about a woman who had a hunch that the dark, oily stuff in two old beer bottles, which she found in her basement, was not machine oil. Anyway, before throwing it out, she called the police. She remembered that some thirty-five years before, a fellow named Joe had brought these bottles and put them in the basement. The police discovered that they were filled with nitroglycerin and that there was enough of the explosive to destroy a city block. The police roped off the streets and kept traffic away. Then, with six squad cars, they took the stuff to a large, open space and destroyed it by burning.

I keep thinking that, for thirty-five years, that lady and her neighbors stood on the edge of destruction and knew it not. Most of us have something like that deep down in our souls, and there is no security until it is brought out and burned.

The tragedy of violence in the world of today, indicates how close we dwell to violence and the law of the jungle. To be truly a people of peace and of God, we need to be alert against attempts to make us hate each other. The first step is to see each individual as a living soul.

All that glitters is not good

Private coin collectors in Spain are being offered a chance to purchase extremely faithful reproductions of \$50 gold pieces, minted by the Wess, Moliter and Company in 1850.

Although the coins are in fact made of .916 fine gold, they do not bear the mark "copy" or "replica," and as such, may be confiscated by Treasury Department authorities as counterfeits.

Military personnel are being warned

of this action, and are cautioned to refrain from purchasing this item.

New books at library

The General Library, located in Bldg. 101 at Oak Knoll, has recently acquired several new books, ranging from "how-tos," to a biography of Billy Martin, to baby care, and fiction, just to name a few.

All personnel are welcome to use the facilities of this library, which is open from 8 a.m. to 5 p.m. and again from 6 to 8 p.m. on Fridays.

To reserve a book, call Ext. 2220.

Oak Knoll selected site for GME study by NAS

Three members of the Institute of Medicine, National Academy of Sciences, visited Naval Regional Medical Center Oakland on Jan. 6 as part of an ongoing study on graduate medical education requested by the Assistant Secretary of Defense for Health Services.

Richard M. Ryan, Jr., D. Sc., Associate Dean for Medical Services, Harvard Medical School, August G. Swanson, M. D., Director, Department of Academic Affairs, Association of American Medical Colleges, and James Mark, M. D., Surgical Consultant, Stanford Medical School, reviewed Internal Medicine, Pediatrics, Orthopedics, Radiology, Surgery, Anesthesia, Pathology and Psychology residency programs at Oak Knoll.

Purpose of the study is to obtain first hand impressions of medical care programs at selected Army, Air Force and Navy hospitals throughout the nation.

Questions being addressed include:

- What are optimal sizes of graduate medical education (GME) programs of the military services?
- How do the GME programs conducted by the military services affect the ability to recruit and retain military physicians?
- What should be the maximum capacity of each service to conduct GME programs, considering the availability of patients, staff, facilities and other pertinent resources?

First Class PO Association formed

The Naval Regional Medical Center, Bay Area First Class Petty Officer's Association was born last month, with a goal of promoting the morale and well being of all members in the regional area, in keeping with the highest tradition of the Navy. The new association will provide its members and their families with supervised social and recreational events.

Membership will be open to active duty and retired E-6 personnel of all of the Armed Forces in the Bay Area. There is a membership fee of \$2.00 and a monthly fee due of \$2.00.

So far, the membership of this

organization has reached 20, with NRMCO Oakland's Sailor of the Year, Hospital Corpsman First Class (HM1) Barbara Heep as president, HM1 Lu Anne Cattley as secretary, and HM1 Rodney James as Treasurer. A vice president for the association has yet to be elected. The newly formed first class association will hold their meetings on the first Wednesday of each month at the enlisted club (Porthole) at 4 p.m.

Personnel who are interested in finding out more about the first class association are encouraged to contact HM1 Heep at extension 2573.

Fleets given "A" school priority

As an added reenlistment incentive for seamen of the fleet, NAVOP 140/80 has affirmed the policy that fleet requests for "A" schools will receive priority in quota assignments.

The fleet "A" school plan for fiscal year 1981 also places emphasis on the ratings that are usually requested through other reenlistment programs. Funding is also being provided to fleet commanders to support round-trip travel.

It has been shown that individuals who enter "A" school after serving in the fleet, successfully complete "A" school more frequently than new recruits and, likewise, have a greater tendency to reenlist. Information regarding application procedures can be found in the Enlisted Transfer Manual (NAVPERS 15909C).



SHORT—TIMER—Lieutenant Commander Harold Crank, Supply Officer here since June 1977, is now attending a four-week Advanced Health Policy and Planning Course at Naval School of Health Sciences, Bethesda, Md. Upon completion of his studies Feb. 6, he will return to Oakland, process out and move to the same Maryland school where he will become a member of the faculty. Lieutenant Commander Robert P. Legg, now attending Naval Postgraduate School, Monterey, has been selected to become the NRMCO Supply Officer. He is due to report soon.

Loan interest up at credit union

The National Credit Union Administration has authorized an increase in loan interest rates at federal credit unions due to the spiraling cost of loan funds.

In keeping with this decision, the Board of Directors of the Alameda Coast Guard Federal Credit Union has voted to raise the interest rates on all new loans and loan advances, effective Jan. 12, 1981, as follows:

Type of Loan	Annual Percentage Rate
Share Secured loans	15%
Trust Deed Loans	16%
All other loans	18%

The upward rate is necessary to ensure that loanable funds remain available, and to maintain payment of the highest dividends possible to credit union expenses.

Loans outstanding as of January 11, 1981 including share overdraft loans, will continue at their present interest rates until they are refinanced. Full details are available at the credit union.

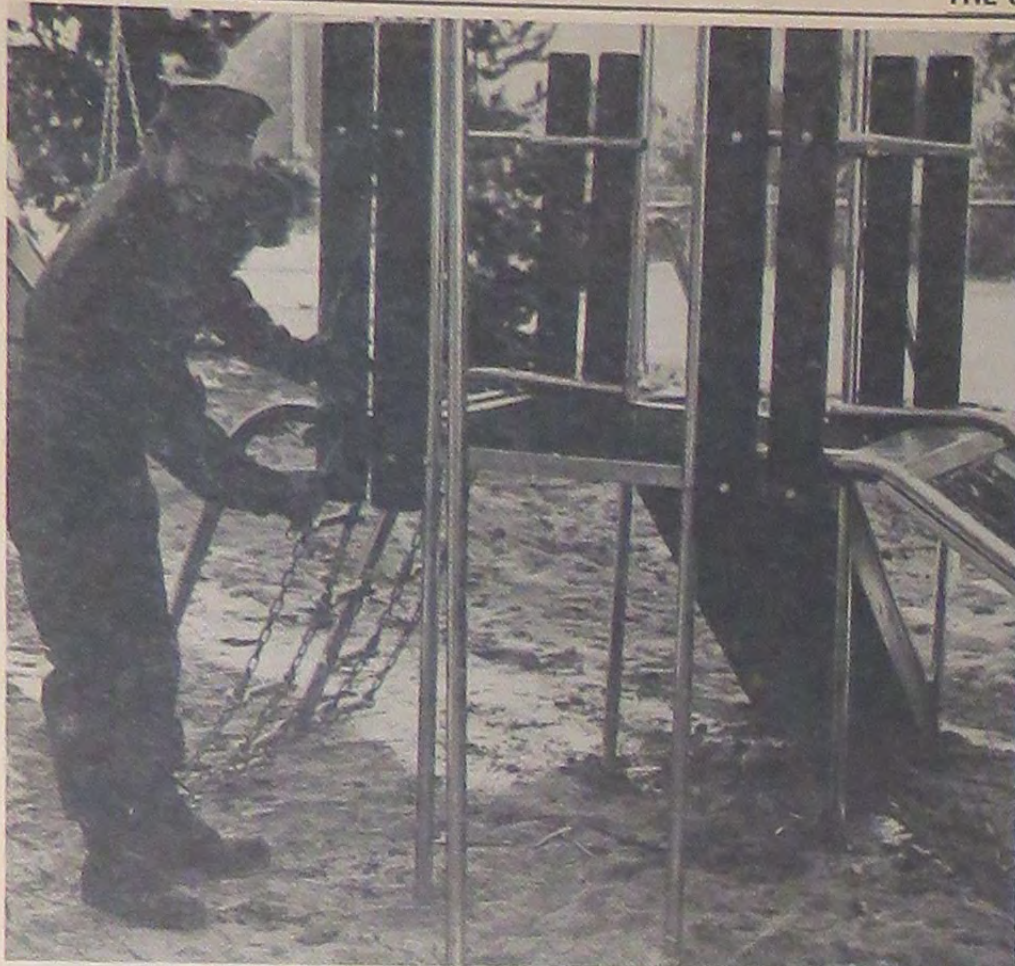
Prior notice of the loan rate change has been mailed to credit union members.



PLAY IT AGAIN—Oak Knoll patient and Boiler Technician Third Class Roosevelt Fridy (in wheelchair), with Red Cross volunteer Mrs. Pat Taylor were among those in attendance during the recent Red Cross Open House. Playing the organ in the background is Mr. Paul Mauk.



DIG IN—Staff, patients and visitors attending the recent Red Cross Open House were greeted with plenty of food and drink while they enjoyed this annual pre-Christmas event.



THEY BUILD PLAYGROUNDS TOO—Builder Constructionman Daryl Watson of the Alameda-based CBU 416 puts the finishing touches on one of the new concept playground equipment "slides" at Oak Knoll's recreational area.

Flying? Get tickets now

If you plan to travel by air on official travel, get your requirements to your transportation office as soon as possible. Even a day's delay could result in a fare jump of \$10 or more.

Military Traffic Management Command (MTMC) officials state that airline deregulation allows airlines to file fare changes on one day's notice or less. The fare charged is the one in effect at the time the ticket is actually issued, not the fare that may have been quoted earlier. Planning is encouraged so schedules will not have to be changed and tickets reissued. Any change in an original flight or some part of a multiple flight schedule means the issuing command will have to pay any fare increase which may have taken place after the original ticket was issued.

Early planning and advance reservations also mean tickets can be purchased at discount fares. Travelers should see their local transportation personnel for advice on fares and information regarding schedules and seat availability.

Bowlers needed

The Tuesday evening bowling league is entering the second half of its season, and is in need of more bowlers.

Anyone interested in having fun, whether you are enlisted, officer, or a military dependent, can sign up by contacting Lieutenant Commander Bruce Panas at extension 2493.

This is a handicap league which means that good bowlers, as well as new bowlers, can participate.

The league starts at 6 p.m. in the base bowling alley and lasts until around 9 p.m. each Tuesday evening.

Hypnotist returns to The Porthole

Ray Beam, well-known hypnotist, will entertain customers of The Porthole on Wednesday, Jan. 28 at 8 p.m.

The entertainment program will also feature hypnotic disco.

This will be a return engagement for the popular Mr. Beam. He has performed at the same club at least twice before in recent years.

There will be no extra charge for entertainment that night. Regular diners will be served.

Beauty Shop special next week

The Naval Exchange Beauty Shop, located upstairs in Bldg. 38 on base, is offering a permanent wave special next week, Jan. 20-23.

A free haircut will be given with all perms and the cost of the permanent itself will be \$19 through \$29, depend-

ing upon type selected.

New operators are Pat Sowders and Betty Hittle. Appointments may be made by calling 562-4762.

Beauty Shop hours are Tuesday through Saturday, 8:30 a.m. to 4:30 p.m. The service is available only to authorized exchange customers.

Volleyball teams ready for play

An organizational meeting was held on Jan. 6 to form NRMCO men's and women's Varsity Volleyball Teams.

Practice games will be held on Tuesdays and Thursdays, with women playing from 4 to 6 p.m. and men, 6 to 8 p.m.

Invitational tournament games are scheduled for Feb. 7, 14, 28 and the northern district tournament is slated to be held at NAS Alameda on Saturday and Sunday, March 7-8.

There is still room on both teams. Those interested in entering are invited to contact Captain Phil Vogt on Ext. 2241.

Great Time Line at your service

The Oakland Chamber of Commerce is now offering a new 24-hour telephone information service called the Great Time Line.

By calling 839-9008, one may obtain information about current events such as concerts, dance recitals, theatrical performances, sports events, tours, children's activities and other recreational happenings throughout the city of Oakland.

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HOW DO YOU PARK THIS THING?—Equipment Operator Constructionman Kevin Cogan does his thing with heavy equipment as he uses a CBU 416 bulldozer to level the earth on the local newly remodeled playground. The new playground equipment includes a conventional swing, a tire swing, various climbing apparatus, and slides.

Special Services has lift ticket coupons

Naval Regional Medical Center Oakland skiers may be interested to know that the Special Services Office has made arrangements for military discounts at Sierra ski resorts.

The discounts apply only to military members and their families, and authorization will be given only to those on active duty possessing proper ID.

Individual arrangements are:

• **Squaw Valley:** All-day lift ticket, good any day of the week, \$11 (vice regular fee of \$18). Twelve-year-olds and under are \$5 each, no discount. In order to purchase the discounted ticket, patrons and family members

must have their military IDs with them, plus a letter of certification from NRMCO Special Services.

• **Alpine Meadows:** All-day lift ticket, good Sunday through Friday, for \$12 (vice \$17). Patrons must purchase discount coupons at Special Services to exchange for lift ticket.

• **Tahoe Ski Bowl:** Ten percent discount to military and their families with IDs. Regular prices are \$10 weekdays, \$12 weekends and holidays.

• **Bear Valley:** Negotiations still in progress; some military discount probable.

★ ★ ★ MOVIES ★ ★ ★

Friday, Jan. 16, 6:30 p.m.—THE BIG BRAWL—Jackie Chan, Jose Ferrer—Martial Arts/Adventure/R

Saturday, Jan. 17, 1 p.m.—RICH KIDS—Trini Alvarado, Jeremy Levy—Comedy/PG

Saturday, Jan. 17, 2:36 p.m.—THE CAT FROM OUTER SPACE—Ken Berry, Sandy Duncan—Comedy/PG

Sunday, Jan. 18, 6:30 p.m.—DRIBBLE—Freya Crane, Joseph Harden—Comedy/PG

Monday, Jan. 19, 6:30 p.m.—NIGHTWING—Nick Mancuso, David Warner—Mystery/PG

Tuesday, Jan. 20, 6:30 p.m.—OH HEAVENLY DOG—Benji, Chevy Chase—Comedy/Mystery/PG

Wednesday, Jan. 21, 6:30 p.m.—SMOKEY AND THE BANDIT II—Burt Reynolds, Sally Fields—Action/Comedy/PG

Thursday, Jan. 22, 6:30 p.m.—MEMORIES IN MY MIND—Michael Christian, Josette Banzet—Suspense/Drama/PG

Friday, Jan. 23, 6:30 p.m.—USED CARS—Gerrit Graham, Kurt Russell—Comedy/R

Saturday, Jan. 24, 1 p.m.—THE FURTHER ADVENTURES OF THE WILDERNESS FAMILY—Robert Logan, Susan Shaw—Drama/G

Saturday, Jan. 24, 2:50 p.m.—PETE'S DRAGON—Helen Reddy, Sean Marshall—Musical Comedy/G

Sunday, Jan. 25, 6:30 p.m.—MY BOYS ARE GOOD BOYS—Ralph Meeker, David Doyle—Action/PG

Monday, Jan. 26, 6:30 p.m.—JUST ME AND YOU KID—George Burns, Brook Shields—Comedy/PG

Tuesday, Jan. 27, 6:30 p.m.—SOMEWHERE IN TIME—Christopher Reeve, Jane Seymour—Drama/PG

Wednesday, Jan. 28, 6:30 p.m.—OH GOD, BOOK II—George Burns, Lorianne—Comedy/PG

Thursday, Jan. 29, 6:30 p.m.—THE FIENDISH PLOT OF DR. FU MANCHU—Peter Sellers, Helen Mirren—Comedy/PG



HELP FROM ON HIGH?—Chaplain Owen Hardage held a sign over his head during a December dinner here, appealing to an audience of more than 100 celebrating the Chaplain Corps Anniversary, to "save our Raiders." The plea (prayer?) must have brought powerful help, for the so-called "underdog" Oakland Raiders went on to ice the Cleveland Browns 14-12, dunk the San Diego Chargers 34-27, and qualify to meet the Philadelphia Eagles in the Super Bowl at New Orleans on Jan. 25. (For military officer Raider fans planning to attend the Super Bowl, New Orleans BOQ information may be obtained by calling Autovon 485-2264.



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Friday, January 30, 1981

Vol. 43, No. 2

HMCM Brown to be SG's personal advisor

Master Chief Hospital Corpsman Stephen Wayne Brown, who was Command Master Chief at Naval Regional Medical Center Oakland for more than two years until his departure in April 1979, will become the Navy Medical Department's Master Chief Petty Officer of the Force tomorrow.

Master Chief Brown has been serving as Director, Hospital Corps Division, Bureau of Medicine and Surgery, since his appointment in 1979. He holds the distinctive honor of being the first enlisted director of the division.

As Director of the Hospital Corps Division, Master Chief Brown was responsible for the overall management of enlisted medical personnel resources, enlisted training programs, and advising Vice Admiral J. William Cox, Surgeon General, and senior medical department staff on issues and policies affecting the enlisted communities.

In his new role he will be the personal advisor to the Navy Surgeon General on Medical Department policies affecting the totality of the enlisted of the Medical Department throughout the Navy. Master Chief Brown will be traveling as often as possible to meet with the enlisted communities worldwide.

The master chief holds life time college level teaching credentials from the State of California, and is a registered Sanitarian in the State of Oregon. He has earned both a bachelor's and master's degree in public administration from Golden Gate University.

In Washington he has served on retention conference workshops of the Chief of Naval Operations, as a member on the work study group for the



HMCM Stephen W. Brown

new Command Master Chief rating; as a member of the interservice training review council, and on the study group for development of the new Navy CPO Academy.

Some of his duty assignments during his nearly 29 years of Navy service have been at Corpus Christi, Tex.; with the First Marine Division in Korea and Vietnam; aboard the USS PHILIPPINE SEA (CVA-47); and at Naval Air Station North Island and Naval Regional Medical Center San Diego.

He is a graduate of Hospital Corps, General Surgery and Operating Room, and Preventive Medicine Technician schools.

He and his wife, the former Mary Ellen Williams of Medford, Ore., are parents of five children—Steve, Dona, Diane, Debra and Kevin.

X-Ray school celebrates one year of existence

Dec. 7, 1980, marked the first anniversary of the Basic X-Ray Technician School (NEC HM8451), which is headed by Lieutenant Richard L. LaFontaine, Medical Service Corps.

The school was opened on the same date in 1979 on the first floor of the Preventive Medicine Technician School, and was later moved to its permanent location in Building 75A last March.

The first class was convened with 12 students taking the new course, and a total of seven classes and 87 students have been graduated during the first year of operation.

The mission of the basic X-ray technician course is to instruct and train enlisted personnel to gain skills to operate basic diagnostic medical X-ray and film processing equipment, perform photodensitometric duties, and perform administrative routines encountered in any Navy X-ray department. The curriculum is designed to equip graduates with the needed knowledge to perform job-related tasks aboard ships and shore activities, under all conditions of operational readiness.

The course curriculum contains both classroom instruction and laboratory experience in darkroom procedures, radiographic positioning, radiation safety, radiographic technique, and anatomy (for positioning patients). In addition to this training, each student is required to stand radiology watches and perform other prescribed X-ray related duties under experienced supervision.

Classroom instructors include Chief Hospital Corpsman (HMC) Alfonso A. Esporo, who along with Lieutenant LaFontaine, founded the Basic X-ray School, as well as HMC Rose M. Percival, and HM1 Faustino S. Gallego.

The Basic X-ray school course is approximately 12 weeks long, with five weeks geared towards the didactic phase, and seven weeks towards practical experience. Students are assigned to various branch clinics and to the NRMC Oakland X-ray Department for the practical experience needed during their training.

HMC Chris DeRosas and HM1 Perry Lane perform the task of technical

(Continued to page 3)



A BONE TO PICK—X-ray technician instructor, HMC Al Esporo, along with guest instructor HM1 Tino Gallego, lecture X-ray students on anatomy.

Local program to salute black Americans

In recent years February has become to be known as Black History Month, a time to recognize contributions black Americans have made to their nation's defense for more than three centuries, back to the French and Indian Wars.

A special program will be held in salute to these Americans on Feb. 12, 1981, beginning at 1:30 p.m. in the hospital's main dining room. All Naval Regional Medical Center Oakland personnel are invited and encouraged to attend.

Ms. Sylvia R. Lindsey, Chief of Dietetic Services at the Martinez Veterans Administration Hospital, will be the guest speaker. She holds a bachelor of science from Morgan State University, Baltimore, Md., and a master of science from New York, N.Y., University. She was formerly employed as Consumer Advocate for the State of New Jersey and as an Equal Employment Opportunity Investigator for the Veterans Administration.

Much was written about the history of blacks during the 1976 Bicentennial, but the black experience and struggle

to win freedom in the United States pre-dates and post-dates the American Revolution.

The struggle has taken various forms: sometimes flight, sometimes

fight. Prior to the Civil War, there were a number of slave revolts, perhaps the most famous being the 1831 Nat Turner rebellion in Virginia which did not gain freedom for the slaves but did influence Southern thinking for years afterwards.

In 1849, when John Brown and his followers seized the Federal Armory at Harpers Ferry, Va., and attempted to rally the blacks of the area to their cause, the surrounding states, remembering the Turner revolt, reacted by sending hundreds of militia to quell the disturbance.

More successful in their attempts to win freedom were the blacks who allied themselves with the so-called Civilized Indian Tribes in the southeastern United States. During the period after the Revolutionary War through the War of 1812, escaped black slaves and Indian groups united in several battles against the whites. In one part of Florida, there were so many escaped slaves that the area became known as Negro Fort.

During the early part of the 19th Century, several thousand blacks were sent to Liberia and Haiti where many proved instrumental in the efforts of the new nations to survive after gaining independence.

Forced servitude ended for blacks with the Emancipation Proclamation of 1863, but the struggle for equal rights and unqualified citizenship had just begun.

Because this heroic and often-turbulent history has not, until recent years, been recognized in books, the black American heritage has been passed on by word of mouth rather than by the written word.

Obtaining freedom for black Americans has been a long-sought and elusive objective. Today, blacks are ensured equal rights by law, and the light of freedom kindled by their history has become the torch for the future.



EDITORIAL

Protect civil service records by keeping your own files

Question: Who should care about what happens to Official Personnel Folders (OPFs), what is filled in them, and who has access to such information?

Answer: All federal employees.

OPFs are carefully maintained and protected by agency personnel offices and kept throughout the career of each federal employee. Once an employee leaves the federal service, the inactive file is shipped to the National Federal Records Center in St. Louis, Mo.

Although agencies carry the bulk of responsibility for the safekeeping of OPFs, in accordance with instructions issued by the Office of Personnel Management, employees can help protect permanent files by keeping a copy of all their own official documents.

The personnel reports, records and documents in the folder vitally affect the rights and benefits of employees. In general, these records are used primarily by agency personnel offices in screening qualifications, determining status, eligibility, length of service, and employee rights and benefits under the laws and regulations governing federal employment.

Several permanent OPF documents should always be kept up-to-date. These include such forms as the SF-171 Qualification Statement, SF-176 Life Insurance Coverage, and SF-54 Designation of Beneficiary, to name a few.

In addition, the SF-50, Notification of Personnel Action, and certain investigative documents are also a part of the permanent file.

The Privacy Act, 5 U.S.C. section 552a, governs the way in which the federal government collects and uses certain information about individuals. It grants individuals a right of access (with exceptions) to records about themselves and restricts enclosures (again with exceptions) that agencies can make of records without the employee's consent.

Generally, information such as names, position titles, grades, salaries and duty stations of present and past employees is available to the public under the Federal Information Act.

(Editor's Note: The practice of carefully preserving your own Civil Service records, in addition to the OPF maintained at personnel offices cannot be over-emphasized. Many years ago, a temporary clerk in a Civilian Personnel Office at an Air Force installation was told to "cannibalize" those files which had become voluminous by discarding letters of commendation several years old, etc. Unfortunately, she didn't listen very carefully to instructions. She just threw out all records that were not from Air Force service! A year or so later, I applied for another job and was told that I did not have the qualifying experience, based on the information in my folder. I immediately demanded the right to review my folder and found no record of about 10 years prior experience with the Army and the Navy. Fortunately, in my case, I had my own file with SF-50s and job descriptions intact. These were copied, certified, and once again became part of my official folder. Can you begin to visualize the benefits I could have lost if I had not been able to furnish my own proof?)

now hear this!

By

HMCM Charles E. Dackerman

Command Master Chief



Did you know women have been serving on Navy ships for a long time?

Back in 1960 when I served in Military Sea Transportation Service, Brooklyn, N. Y., I was assigned to several ships that had women as members of the crew. The USNS GEIGER (TAD-197) had a Nurse Corps officer and two Hospital Corpsmen who were responsible for assisting all Cabin Class passengers, including dependent wives and children.

I also have been fortunate enough to have been in on the initial kickoff of the Women in Ships Program when I was the Command Master Chief at COMSERVGRU ONE in 1978. At that time Commodore Edward J. Messere held one of the first meetings for women and other interested personnel aboard the USS WABASH (AOR-5) to explain how the program would work and some of the good and bad points that prospective candidates might expect.

Women have been doing their duty at sea a lot longer than many of us originally anticipated.

In November 1978 when the Women in Ships Program was implemented, 53 women officers were assigned to 14 ships and 369 enlisted women to five ships. By the end of Fiscal Year 1980, 120 women officers were serving in 27 ships and 695 enlisted women were aboard 10 ships. This year (FY 1981), 158 women officers are scheduled for duty aboard 29 ships and 1,500 enlisted women on 16 ships. In 1985, long-range plans call for 190 women officers and 5,000 enlisted women to be on sea duty in the U. S. Navy.

All ships that have women assigned will have a female corpsman, whether or not the medical officer is a woman. With this program in operation, the variety of duty assignments and career opportunities for women are greatly enhanced.

This is an exciting period in Naval history for all of us. I encourage every member to take full advantage of the assortment of duty assignments available.

Our patients write...

I want to express my appreciation for certain members of your hospital staff, and the Oakland facility in particular.

We have been in this area since Mar. 1, 1975. We have frequented the pediatric clinic in particular. The times I have felt inconvenienced have been very few, considering the time span involved. Overall, the pediatric staff has been most helpful.

In particular, I have been grateful for the services of Dr. Gareis of the adolescent clinic. My nine year-old daughter... has received the best care at Oak Knoll—first under Dr. William Gill, and longer under Dr. Gareis.

More recently, my daughter was sick this week and I called on Dr. Fichman concerning my daughter Renee. She was very helpful. She even checked in with me later that day to be sure of my daughter's condition. It helped me a lot to know that she was available.

I am grateful for the services of these people and wanted to say so.

Mrs. Barbara Rodgers
Hayward

ENERGY
TYPE

how
to get
the
most
from
your
electric
range



Here are some general tips that will help you operate your range with greater efficiency and economy:

- Do not leave your oven or range on when it is not in use, and never use it for purposes other than cooking.
- Whenever possible, use your oven, rather than the top of the range. An insulated oven retains heat and is normally on only about one-third of the time it is in use.

- Plan oven cooking so that more than one dish can be prepared at the same time. Use unoccupied space to cook for another meal; then refrigerate or freeze it.
- Don't be an "oven peeper." Every time you open the door, significant heat is lost.
- Use flat-bottomed, clean utensils, which fit the heating unit you are using. You won't lose heat to the atmosphere unnecessarily.
- Pots and pans, with tight fitting lids to retain heat, will allow you to cook with lower heat settings.
- Reduce the heat of a surface unit once boiling begins. High heat settings will only make the water evaporate faster.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Friday, January 30, 1981

THE OAK LEAF

X-ray students to celebrate graduation and anniversary

Basic X-ray Class Number 81-001 will hold graduation ceremonies in the Clinical Assembly at 9:30 a.m. today. Along with the traditional graduation ceremonies, the graduates, guests, and instructors will be celebrating the first anniversary of the NRMOC Oakland X-ray School.

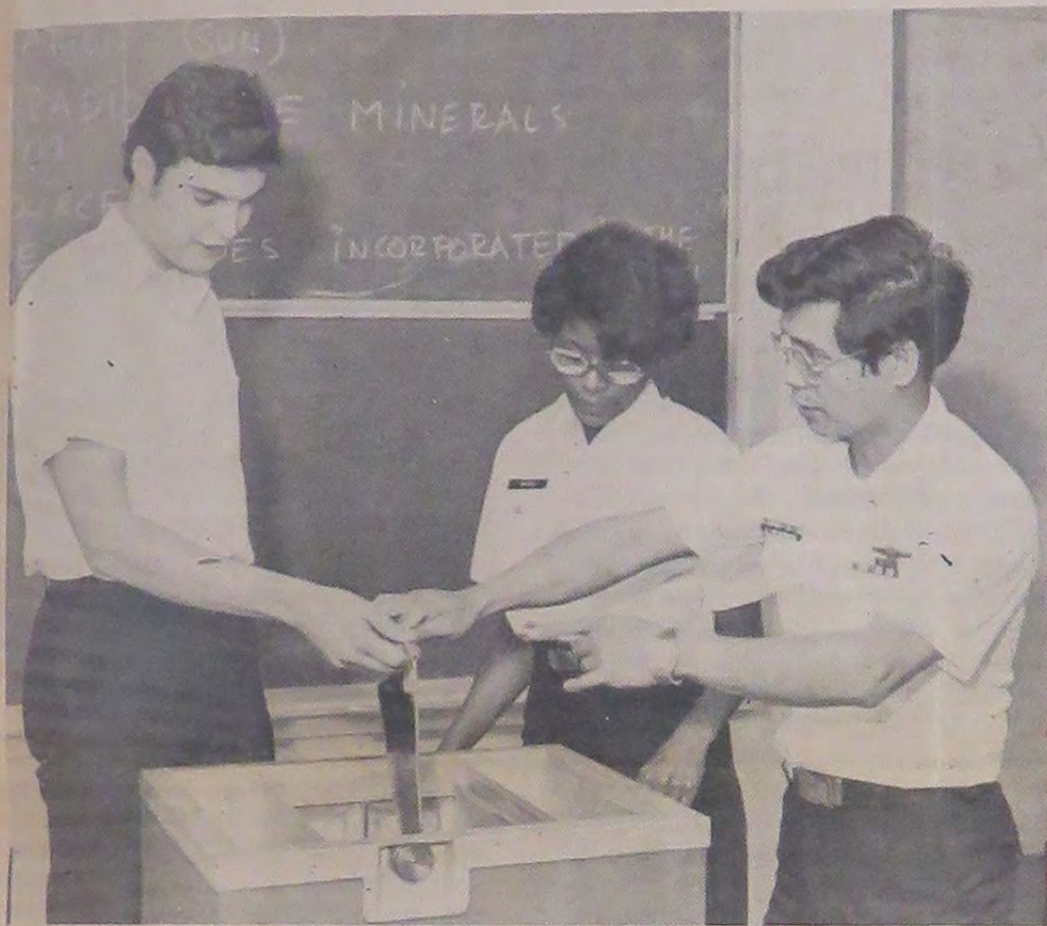
Hospitalman (HN) Rene Villagran is the honoree among today's graduates. She will be assigned to NRMOC Long Beach, Calif.

Other graduates and their next duty station include:

HN John D. Callahan to NRMOC Camp Pendleton, Calif.; HN John E. Crystle to NRMOC Bethesda, Md.; Hospital Corpsman Third Class (HM3) Daniel Engle to Naval Hospital Orlando, Fla.; HN Robert J. Finger to NRMOC Camp Lejeune, N. C.;

HN Andrew J. Fontanella to ANB Little Creek, Va.; HN Eugene P. Hayes to NRMOC Long Beach, Calif.; HN Errol Hunte to NRMOC Jacksonville, Fla.; HN David L. James to Naval Hospital Beaufort, S.C.; and HM3 Paul G. Johnson to NRMOC Bremerton, Wa.

Also, Hospital Apprentice (HA) Larry W. Myers to NRMOC Great Lakes, Ill.; HA Anthony A. Mastrando to NRMOC Philadelphia, Pa.; HN Sabino O. Medina to Naval Station Norfolk, Va.; HN Jeffrey L. Pierce to Naval Hospital Pensacola, Fla.; HA Rita Pudetti to NRMOC Newport, R.I.; HN John H. Sremmer to NRMOC Newport, R.I.; HM3 Mark K. Stroud to Naval Hospital Orlando, Fla.; HA Johnny White to Naval Hospital Orlando, Fla.; and HN Marianne Wurch to NRMOC Charleston, S.C.



INNER PICTURES—Chief Esporo (right) instructs HM3 Crescent Bolton and HM3 Clela Waters on manual X-ray processing techniques.

E4-E6 exam dates announced

The March Navy-wide advancement examinations for paygrades E-4 through E-6 will be given on the following dates:

- E-4—Tuesday, March 3
- E-5—Thursday, March 5
- E-6—Tuesday, March 10

All eligibility requirements, except Time in Rate (TIR) and Inservice Training (certain HM categories) must be completed by Feb. 10, 1981. TIR requirements must be met by July 1, 1981. All E-3's with a TIR of Oct. 16, 1980 are considered eligible to participate. Requests to participate in the exams must be submitted to the Advancement Desk as soon as possible.

For further information on any of these examination requirements, contact Ms. Fan Ventura or PN2 David M. Skeeters at ext. 2027.

30 selected for PA program

Thirty Chiefs and First Class Petty Officers have been chosen through the selection board process to attend this year's Physician's Assistant (PA) training program.

The one year program consists of academic work and closely-supervised clinical experience. There will be two separate courses convened; one in Portsmouth, Va., and the other in San Diego. Graduates of this course will be promoted to Warrant Officers.

The PA program was started in 1979 as an effort to maintain high quality health care for Navy members. There are currently 258 active duty PA officers in this service.

The PA performs certain tasks formerly undertaken only by physicians. Their duties include counseling patients, performing physical examinations, ordering diagnostic studies, and prescribing limited treatment.

Medical Explorers to visit here

Approximately 35 students, high school juniors and seniors interested in health careers, are expected to visit Oak Knoll on Tuesday, Feb. 10, beginning at 9:30 a.m.

The youths, members of Medical Explorer Post 539, Washington Hospital, Fremont, have indicated a special interest in the prosthetic laboratory and physical and occupational therapy departments.

Chief Hospital Corpsman Britt Gladden, Career Counselor in Military Manpower Service, is in charge of arrangements for the visit.



HORIZONTAL LOOKSEE—X-ray School student HM3 Paul Johnson lines up a "patient" for an abdominal picture under the guidance of HMC Al Esporo (right), as classmates look on.



A LITTLE TO THE LEFT—HN Debra Purinton demonstrates the proper chest X-ray positioning with the assistance of HM3 Johnson, and their instructor, Chief Esporo.

X-ray techs

(Continued from Page 1)

supervisors for the students here at Oak Knoll during their practical rotation. The students are also assigned to NRMOC Oakland's branch clinics for practical experience under the supervision of HMC W.L. Cecil at Alameda Branch Clinic; HMC P.T. Custodio at Treasure Island Branch Clinic; HMC A.M. Palustra at Moffett Field Branch Clinic; HM1 R.E. Webb at Mare Island Branch Clinic; and, HM2 A.A. Estepa at Lemoore Naval Hospital.

Examinations, tests, and quizzes, both written and oral, covering lectures and practical studies, are given during and after completion of each phase of instruction. Each student can also expect a final examination at the end of the basic course.

At the end of 12 weeks, the students are well-trained in their field, and are ready to take on the daily task that they were carefully trained to accomplish.

USO open house slated Wednesday

San Francisco USO will celebrate its 40th birthday with an open house from 10 a.m. to 10 p.m. on Wednesday, Feb. 4, at its downtown center, 530 Taylor St., San Francisco. The canteen will be open for free cookies and coffee, just as it has been for the military for the past 40 years.

In addition to its canteen, hospitality and entertainment programs, San Francisco USO serves as a sightseeing, information and in-depth referral center for military members. USO staff and volunteers also meet and greet visiting U. S. and foreign ships.

USO came into being here and throughout the nation on Feb. 4, 1941, just nine months before the United States entered World War II.

As the major debarkation port for troops being sent to the Pacific in World War II, San Francisco had eight USO lounges, including the famed Stage Door Canteen, just two blocks from USO's present Taylor St. location, and an estimated 20 million passed through its doors. Additionally, about nine million military used its facilities during the Vietnam conflict and approximately three million members of the Armed Forces visited the San Francisco USO during the peacetime 70s.

All military veterans and USO volunteers from the 1940s, 50s, 60s, 70s and 80s, as well as the general public, are welcome to attend the birthday celebration.



NEW CHIEF OF SERVICE—Lieutenant Commander Robert P. Legg has reported in for duty and has now assumed the position of Chief, Supply Service. He comes to Oak Knoll from studies at Naval Postgraduate School, Monterey. Other billets have been as Executive Officer and Logistic Support Officer, Naval Medical Material Support Command, Philadelphia; Naval School of Health Care Administration (as a student), Bethesda; Medical Administrative Officer, USS JOHN F. KENNEDY (CVA-67), and as Chief, Data Processing and Chief, Operating Services, Naval Hospital Corps Christi. The Medical Service Corps officer has 26 years' service and holds a bachelor of science in health care administration from George Washington University, and a master of science in management from Naval Postgraduate School. He and his wife Catharina, daughter Paula and son Robert, Jr., are making their home in San Ramon. Commander Legg hails from Boston, Mass., and enjoys hobbies of jogging and tennis.

For your info---



CENTURY AND A THIRD—Four retiring civilian employees of Naval Regional Medical Center have totaled more than 135 years' collective service to the federal government. They are: Seated (l to r), Lloyd Marshall, Lily A. "Ann" Flack, and Isadore J. Lore; standing, Charles W. Dyson. Mr. Marshall, a warehouseman in Supply, logged 32 years' service, all at Oak Knoll. Mrs. Flack, procurement clerk in Supply, completed 30 years with the Navy, 10 years at Naval Supply Center Oakland and the remainder at NRMHC. Mr. Lore, a motor vehicle operator in Transportation, chalked up more than 38 years. He served the Army Quartermaster in San Francisco, transferred to the old Navy Hospital at San Leandro, and then took a job at Oak Knoll when the hospital was little more than three years old. Mr. Dyson, with 35 years federal service, is a former Hospital Corpsman who served two tours of duty at Oak Knoll before he was employed as a civilian here in 1951. He also has been a motor vehicle operator in Transportation.

17 receive safe driving awards

As a result of nearly 200 combined years of safe driving, 17 members of Oak Knoll have received U. S. Navy Vehicle Safe Driving Awards from the Commanding Officer during recent ceremonies held here.

Each award is a major accomplishment and represents safe, accident-free vehicle operations on the part of each individual, officials point out.

The recipients of these awards and their years of safe driving are: Mr. Sam L. Barnett—6 years; Mr. Paul E. Harms—2 years; Mr. Charles O. Jackson—20 years; Mr. "Sandy" Sandoval—6 years; Mr. Charles W. Dyson—28 years; Mr. Isadore J.

Lore—34 years, and Mr. Henry Stuart—8 years.

Also, Mr. David A. William—17 years; Chief Master at Arms Edward P. Sharp—4 years; Machinist Mate First Class Anthony Palmeno—7 years; Machinist Mate First Class Joe A. Adair—8 years; Machinist Mate First Class Richard D. Barton—8 years; Machinist Mate Second Class Stephen Kuester—4 years; Hospitalman Robert L. Preston—4 years; Hospital Corpsman First Class John Colony—6 years; Hospital Corpsman Second Class Gregg Leavitt—8 years, and Mr. Bruce B. Bobbitt—23 years.



EMPLOYMENT IS SUBJECT—Captain Joseph Smyth, Director of Clinical Services, discusses veterans affairs with Mr. Elmer Conner, president of the Northern California Veterans Employment Committee. Mr. Conner's organization held a recent meeting in the enlisted club at Oak Knoll.

Fire prevention intensified in family housing on base

An intensified Fire Prevention Program has gone into effect for military family housing at Naval Regional Medical Center, Oakland.

Each family now receives an initial fire prevention inspection and indoctrination in its quarters within the first 30 days of occupancy, and again annually during the month of April, when every set of quarters will be inspected by the Base Fire Department.

Additionally, when fire hazardous acts or conditions are noted during one of the above inspections, or during routine spot-checks, the responsible party will be informed and advised to take corrective action.

The Housing Officer, upon assignment of quarters, will issue two special signs to a family with a severely handicapped member. One of these markers is to be placed in a window as close to the front door as possible and one is to be placed in the bedroom window of the handicapped person. In addition, Housing will inform the Fire Department of the presence of the handicapped in the assigned quarters, and special notation will be made on the Fire Department locator map.

Updated Fire Prevention Booklets will be issued to occupants during housing inspections and periodically, special educational fire prevention material appropriate to the season or a special hazard, will be made available.

SBP improvements made

A major retirement benefit for service families has been updated by Congress and signed into law by the President.

The Congressional actions will improve the Survivor Benefit Plan (SBP), a program which assures financial protection for survivors of retired service members who elect to take part in SBP upon their retirement.

Individuals covered under the SBP may be widows or widowers of retirees, dependent children of retired individuals, or persons with an insurable interest in a retired service member.

Survivor annuities provided can be as much as 55 percent of the retiree's pay at time of death.

When participating in the SBP, a portion of the cost is withheld from the retiree's pay, but the federal government pays a substantial part of the SBP cost.

Changes which went into effect Dec. 1, 1980 were:

- limiting reduction in the SBP annuity as a result of the Social Security offset to a 40 percent maximum of the annuity.

Previously, the entire amount of the Social Security benefit attributable to the member's military service was deducted from the SBP annuity of annuitants 62 years of age and older. This change in the law will be immediately advantageous to survivors of deceased enlisted retirees, although eventually all survivors will benefit.

- changing the formula for calculating the retiree's cost for the SBP. Now the cost of the SBP will increase only at the same rate as the consumer price index. Previously the cost rose under the basic formula of 2.5 percent of the first \$300 of retired pay and 10 percent of the remainder.

- providing for SBP annuities to widowers or widows whose servicemember spouses died on active duty before Sept. 21, 1972, if the member was eligible for retirement at the time of death. These deceased servicemembers never had an opportunity to elect SBP coverage since the program was not in effect prior to the September 1972 date.

Kudos.....

Medals

Dental Technician Second Class Joanne Hershenzon, Dental Service, First Good Conduct Award.

Hospital Corpsman Second Class Carl P. Jackson Jr., PMT School, First Good Conduct Award.

Letter of Commendation

Hospital Corpsman Second Class Michael Shirk, Emergency Room.

Letter of Appreciation

Lieutenant Robin Orr, NC, formerly of Nursing Services.

Quality Salary Increase

Mrs. Alice Sanders, Operating Management.

Advancement

Hospital Corpsman Second Class Lorain Hall, OR Student.

Frocking

Lieutenant Janet Beardsley, NC, Nursing Service.

Lieutenant Donna Fisher, NC, Nurs-

ing Service.

Lieutenant Susan Kriott, NC, Nursing Service.

Lieutenant Denise Cardella, NC, Nursing Service.

Lieutenant Commander Aaron McClerkin, MSC.

Lieutenant Deborah Allert, NC, Nursing Service.

Lieutenant Susan Murdock, NC, Nursing Service.

Lieutenant Ardis Smith, NC, Nursing Service.

Lieutenant Cynthia McGrane, NC, Nursing Service.

Lieutenant Nancy Hoffman, NC, Nursing Service.

Lieutenant Robin Orr, NC, formerly of Nursing Service.

Achievements

Lieutenant Theresa Hickey, Anesthesiology Resident, passed Internal Medicine Boards.

Vet employment reps meet here

From 60 to 80 persons attended a quarterly meeting of the Northern California Veterans Employment Committee here in The Porthole on Jan. 16.

Guest speaker was Dr. Harold Dickman of the Veterans Administration Hospital in Palo Alto who spoke on "Psychological problems facing veterans today." Captain Joseph Smyth, Director of Clinical Services at Naval Regional Medical Center Oakland, welcomed the group in behalf of the commanding officer.

Those in attendance included veterans employment representatives from the State of California Employment Development Department, and officials of the U. S. Department of Labor, Disabled American Veterans, Veterans of Foreign Wars, American Legion and Veterans Administration.

Mr. Elmer Conner is president of the committee.

People make news ---

NRMCO, Raiders, A's lose one of best supporters



CDR Phyllis I. Warren

"I love the Navy and I love NRMCO Oakland," said Commander Phyllis I. Warren as she departed this command today for a new billet as Administrative Coordinator for the Naval School of Health Sciences, National Naval Medical Center, Bethesda, Md.

"I'm looking forward to my new duty assignment with great anticipation and enthusiasm," she added. "I welcome the challenge and will surely give it my best shot. I'm going to miss Oakland and all my friends more than mere words can express. I thank you all for that friendship. I'm leaving, that's true, but a large part of my heart will remain here at Oakland. I'd like all my friends to drop by and say 'howdy' whenever they are in the Washington, D.C. area. 'Special' is what the last eight years have been to me."

Captain Richard W. Poley, Chairman of Laboratory Service where Commander Warren has served as

Administrative Officer, said she has been the first of her kind, in any formal sense of the word, at Naval Regional Medical Center Oakland, and filled a position needed for many years.

"She had been a microbiologist with little administrative experience (when she first came here)," he said, "but she stepped into the job with natural instincts and took over all the functions that had been divided among many people, drawing the lab together as one functioning unit. We really appreciate having had her services for such a long period. She was able to plan and see long-range goals come to fruition. The impact she made on this service will last a long time. Hers will be a tough act to follow."

Hal Seibert, civilian assistant to Commander Warren, added further comment about his own eight-year association with her: "It's really been a learning experience for me. She has so much to contribute. The officers, enlisted and civilian staff of the laboratory have looked to her as a guidon from the time she arrived here. She's been totally devoted and concerned in her efforts to upgrade their lifestyle and careers. She has a propensity and concern about other people, always. She's one of the most honest, concerned individuals I've ever known. She has been a good friend to us all."

Commander Warren has 19½ years' military service. She served at St. Albans, N. Y. Naval Hospital for two tours, one as Blood Bank Officer and one as Bacteriologist; National Naval Medical Center Bethesda as Bacteriologist, and again in the same specialty for Naval Medical Research Unit No. 1 in Berkeley before she reported to Oak Knoll in March 1973.

The Medical Service Corps Officer holds a bachelor of science degree in bacteriology and a master of science in microbiology from the University of Kentucky, and a master's in public health (lab management) from University of California, Berkeley. She has also been certified by the American Society of Clinical Pathologists as a medical technologist.

Commander Warren loves animals (especially dogs), and enjoys playing racquetball. She has been an enthusiastic supporter of both the Oakland "A's" baseball and Oakland Raiders football team.



WELL DONE—Rear Admiral Walter M. Loneragan (r), NRMCO Oakland commanding officer, presents retiring Captain Gary W. Zelles (formerly of Surgery Service) with a commendation. Witnessing the presentation are Dr. Zelles' wife and two daughters.

Popular surgeon retires

Captain Gary W. Zelles, general surgeon here for the past four years, has retired after 20 years service in the Navy. He is now employed as a surgeon with Kaiser Hospital in Oakland.

A dinner in his honor will be held in the Naval Regional Medical Center Oakland Officers' Club tonight.

Captain Zelles commenced his career as an intern at the Naval Hospital, Portsmouth, Va., and later completed a course at the Naval School of Aviation Medicine in Pensacola, Fla. He served his residency in general surgery at Naval Hospital, Philadelphia, Pa., and was certified by the American Board of Surgery.

During his military career, the surgeon served at a variety of duty stations, including Carrier Air Antisubmarine Group 56, aboard the aircraft carriers USS ENTERPRISE and USS AMERICA, at Naval Air Stations Norfolk Va. and Pensacola, Fla., and at Naval Hospital, Camp Lejeune, N. C., where he was Chief of Surgery.

While serving as a general surgeon at Oak Knoll, Captain Zelles was also Chairman of the NRMCO Oakland Sailor of the Month/Year Committee.

Before his departure, the surgeon was honored with a Certificate of Merit from Vice Admiral J. William Cox, Surgeon General of the Navy, as well as with a Letter of Commendation for his service from Rear Admiral W.M. Loneragan, Commanding Officer.

In prior military service he earned a National Defense Medal, two Meritorious Unit Commendations, and a Vietnam Service Ribbon.

Dr. Zelles and his wife Nancy have five children—Craig, Traci, Dale, Brian and Allison.

HN Rucker SOQ at TI

Hospitalman Reynaldo Rucker has been selected as Sailor of the Quarter of the Branch Clinic, Treasure Island, for the period of January through March 1981.

The corpsman has received a commendation from Rear Admiral Walter M. Loneragan, Naval Regional Medical Center Oakland Commanding Officer, citing him for achievements in the General Practice Clinic, Health Record Office and Consultation Office.

He was praised for professionalism, adaptability, attention to detail, dedication, reliability, cooperation and impeccable military appearance.

'RADs' hear reservist

Captain Ed Novak, Area Coordinator for Naval Reserve Programs, visited Naval Regional Medical Center Oakland on Jan. 14 and spoke to a group in Clinical Assembly.

All officers and enlisted personnel who are being released from active duty during the first three months of 1981 attended the session.



THE WAY HE WAS—This young, dreamy-eyed Hospitalman was a student at Corps School in Bainbridge, Md., in 1957. Today he is prominent on the staff of Naval Regional Medical Center Oakland. For identification, see next issue.



FIRST CLASS EVENT—The Naval Regional Medical Center Bay Area First Class Petty Officers Association held a special meeting recently in the Oak Knoll Enlisted Club. The Association's officers shown here from left to right are: Vice President OS1 Randy Franks, Treasurer HM1 Rodney Jaynes, President HM1 Barbara Heep, and Secretary HM1 Luanne Cattley.

Speaking of health care



MUTUAL INTERESTS—Rear Admiral Charles F. Schreier (left), Dental Corps Western U. S. Representative for the Navy Bureau of Medicine and Surgery, called on Naval Regional Medical Center Oakland during an early January visit. Participating in a discussion with Admiral Schreier were (l to r): Captain Joseph Smyth, Director of Clinical Services; Commander Robert F. Birtcil, Dental School Liaison Officer; Rear Admiral Walter M. Lonergan, Commanding Officer, and Captain Richard J. Grisius, Chairman of Dental Service.

Aerobic dance lessons here said to be beneficial to health

A series of 16 aerobic dance classes will be offered here on Monday and Wednesday mornings from 9 a.m. to 10 a.m., beginning Feb. 18. Cost is \$32 for the entire program; the first class is free.

Those interested may register at the Special Services Ticket Office in Bldg. 38. The classes will be taught by Ms. Marilyn Wright, a graduate student in dance at Mills College, who has previously taught aerobic dancing in her hometown of Seattle.

Aerobic dance consists of dance steps done to music which are especially designed for increasing cardiovascular health and endurance. Aerobic exercise also burns calories, relieves stress and improves sleep. Class members will be tested the first and last days of the eight-week session for fitness level and amount of improvement.

Music will be taped selections from a wide variety of musical styles. The class will include a muscle-stretching warmup, swinging stretch, two or three dances (new each time) to a lively beat, and a "cool-down" with more stretching and relaxation. Students will learn their personal optimum exercise heart rate and be able to work at their own pace.

For further information, call Sally at Ext. 2479 or Marilyn at 635-7619.

Home parenteral nutrition therapy CHAMPUS benefit

A recent Department of Defense policy change expands CHAMPUS benefits to include parenteral nutrition therapy. This change is retroactive to Oct. 1, 1979.

Parenteral nutrition therapy is used by patients who have a condition or illness which prevents use of the gastrointestinal tract. It refers to methods of administering nutritional supplements in a way that bypasses the patient's digestive tract, as by intravenous injection.

Examples of situations in which home parenteral nutrition is medically necessary could include such diseases/conditions as Crohn's disease, intestinal malabsorption syndrome, cancer patients, or patients who have undergone extensive bowel resections.

Under the expanded benefit, CHAMPUS shares the cost of the nutrient solutions as well as the medical supplies necessary to administer them. The program will not, however, pay a technician, nurse or other individual professional provider for their administration. Administration of such nutrient solution does not qualify as a skilled nursing service—it can be self-administered, or administered by any adult with minimal instruction.

According to John H. Moxley III, M.D., Assistant Secretary of Defense, there has been a recent movement to discharge hospital patients early to a program of home parenteral nutrition therapy. This resulted in the determination by DoD to extend coverage on an outpatient basis as a part of the program's prescription drug benefit.

Fox assists injured crewman

USS FOX (CG 33) recently assisted an injured crewmember of the merchant vessel SAMRIYAH by promptly sending her motor whaleboat with Senior Medical Representative Chief Hospital Corpsman Robert Mallon to help.

Chief Mallon treated the severe lacerations and administered antibiotics. With the patient in stable condition, FOX recovered her whaleboat and continued routine operations.

Homeported in San Diego, Calif., FOX is commanded by Captain Leslie N. Palmer.

Reserve Seabees at work on fleet hospital test module

Operation Fleet Hospital has begun and as many as 290 Naval Reserve Seabees from California, Nevada and Utah will be erecting a fleet hospital test module under winter conditions at the Marine Corps Mountain Warfare Center, Bridgeport, Calif., directly east of San Francisco, near the Nevada State line.

It is the largest construction project undertaken by these civilians, who will each spend two weeks on active duty for training during the four months the project is scheduled. Most of these men work in construction-related occupations; however, there are a few who hold positions as corporate executives, bankers, postal workers, and a wide variety of others. They drill one weekend a month and join together to comprise the eight detachments of Reserve Naval Mobile Construction Battalion Two, of Treasure Island.

The operation began Jan. 4 with the arrival of an advance party of 32 men from Detachments 0302 of Treasure Island, 0602 of San Jose and 0702 of Pacific Grove, Calif. Their mission is to transport equipment, prepare living and working spaces for construction crews, and coordinate all messing, berthing and disbursing functions with permanently-assigned personnel.

The next detachment to arrive at the erection site was Det. 0202 of Salt Lake City. Its members began two weeks of actual erection of the hospital on Jan. 19. Following them will be Det. 0802 of Ogden, Utah, which will be relieved by Det. 0302. Erection completion is scheduled for Feb. 28.

The Pacific Grove detachment is assigned the maintenance and testing phase, also lasting two weeks. During that time, it will operate and maintain all hospital services.

Detachments 0402 of Sacramento, 0502 of Reno, and 0102 of Fresno will participate in the knock-down phase periods. Winding up the project will be 20 members from various battalion detachments who will be tasked with returning all equipment to Treasure Island and properly securing the Bridgeport construction area.

Commander Richard J. Walter, USNR-R, commanding officer, Naval Reserve Construction Battalion Two, is directing the operation.

The fleet hospital is designed to provide the Navy and Marine Corps with a facility that can be quickly erected as close to a battlefield as possible.

This is the second field shakedown of the fleet hospital test module. The first was completed in July 1980 by Reserve Seabees from Port Hueneme, Calif., in temperatures in excess of 110 degrees F., under conditions most like that of a desert region.

The prototype was constructed at the Naval Construction Battalion Center, Port Hueneme, by active duty personnel who will be on hand in Bridgeport throughout the evolution. Also present will be key personnel from the Medical Corps community. High-ranking officials from Washington, D.C., will make spot visits.



GUEST SPEAKER—Mr. Stanley V. Paris, President of the Institute of Graduate Health Sciences and Director of the Atlanta Back Clinic, addressed the Oak Knoll staff in a visit here earlier this month. Mr. Paris spoke on "Back Care—Update '81." His visit was sponsored by the Department of Orthopedics and Physical Therapy.

Friday, January 30, 1981

THE OAK LEAF

With the family---

Tax returns must be filed in official state of residence

Despite some beliefs to the contrary, everyone is a resident of some state; you cannot be a "citizen-at-large" of the United States. Therefore, you must file a state income tax return, in addition to your federal income tax return.

According to the Soldiers' and Sailors' Civil Relief Act, while in the military, your domicile (place of residence) remains the same as when you entered the service, unless you actually change your domicile by some affirmative action. To change your legal residence, you must be physically located in the state where you wish to make your home. You must also show an obvious intention to abandon your former state of residence. The strongest and most universally accepted evidence of a change in legal residence is registering to vote and voting (by absentee ballot, if necessary) in the new domicile and by paying the required taxes of the new state.

If you should be questioned about your legal residence, the following items will be helpful in proving your case:

- Voter registration cards or other evidence of voting.
- Evidence that a state tax return was filed or taxes were paid.
- A statement from your local personnel office, certified by your superior officer, to the effect that he has examined your record and found that you are listed as a resident of the state you claim as your domicile and you are in another state pursuant to military orders only.
- Possess that state's motor vehicle registration and operator's license.
- Any other evidence that tends to establish your permanent relationship with that state.

Remember, for your own protection, you should be prepared at all times to prove you are a legal resident of the state in which you claim residency. You should also be aware that even though you may succeed in convincing one state that you are not a resident for tax purposes, this information may be forwarded to the state in which you have claimed residency.

Thus, you must ensure that you are in compliance with that state's tax laws in regard to filing returns and the payment of taxes. The local legal office can help you determine your state tax obligations. (NES)



Mechanical engineer applications sought

Applications will be accepted by Civilian Personnel Service through Feb. 23 for the position of Mechanical Engineer, GS-830-11, \$22,486—\$29,236 per year, with Public Works Service at Oak Knoll.

Basic qualifications require successful completion of a full four-year professional engineering curriculum leading to a bachelor's or higher degree in engineering in an accredited college or university, and three years of professional experience in mechanical engineering with familiarity of structural and electrical aspects of design.

For further information, contact Bertha Snively, Civilian Personnel Service, Naval Regional Medical Center, Oakland, CA 94627, or call (415) 639-2116, Autovon 855-2116.

The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby boy to Hospital Corpsman Third Class Abdul S. Muhammad, Branch Clinic Moffett Field, and his wife Myra, Jan. 12.

A baby boy to Hospital Corpsman Second Class Winston E. Scott, Clinical Investigations, and his wife Cheryl, Jan. 14.

Twin baby boys to Lieutenant John W. King, Orthopedics, and his wife Barbara, Jan. 15.

A baby girl to Hospitalman Anthony L. Robinson, Branch Clinic Moffett Field, and his wife Samatra, Jan. 19.



DOUBLE DIVIDEND—Orthopedic resident Lieutenant John W. King and his wife Barbara became parents of a set of identical twin boys on Monday, Jan. 15, at Naval Regional Medical Center Oakland. Twin "A," now named Sloan Allen King, arrived at 6:55 a.m., weighing in at 7 lbs. 12½ oz. Twin "B," Isaac Wesley King, arrived two minutes later at 6:57 a.m. and weighed 7 lbs. 6 oz. Dr. King was present for the delivery of both. The couple has another son, Darin John, age 3½ years. Other twins in the family were born to Mrs. King's aunt. They are both girls.

Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Robin Orr, NC to Adak, Alaska.

Lieutenant Kristan Bliss, NC, RAD. Commander Robert Banka, MC, to NRMCC San Diego.

Hospital Corpsman Third Class Michael V. Whisman, honorably discharged.

Hospitalman Michael F. Hayes to USS LYNDE MCCORMICK.

Chief Hospital Corpsman Grichel M. Roe to Naval Research Lab, San Francisco.

Hospital Corpsman Third Class Pete Garcia, honorably discharged.

"Welcome aboard" to newly arrived:

Hospital Corpsman Third Class Brian D. Pirie, OR.

Hospital Corpsman Third Class Jack G. Watkins, Ward 7E.

Hospitalman Robert A. Conner, Ward 8W.

Hospitalman Apprentice Jessica D. Harris, Ward 6E.

Machinist Mate First Class Kevin C. Garber, Operating Management.

Commander Thomas White, MC, ENT.

Lieutenant (junior grade) James Dunn, NC, Nursing Service.

Ensign Deborah Driscoll, NC, Nursing Service.

Ensign Margaret Minoque, NC, Nursing Service.

Commander Charles Winn, MC, Radiology (ACDUTRA).

Lieutenant Jeffrey Kneisel, MC, Intern.

Ensign Robert Oakley, Clinical Clerk.

Ensign Patricia Duprey, Clinical Clerk.

Ensign Lydia Grypma, Clinical Clerk.

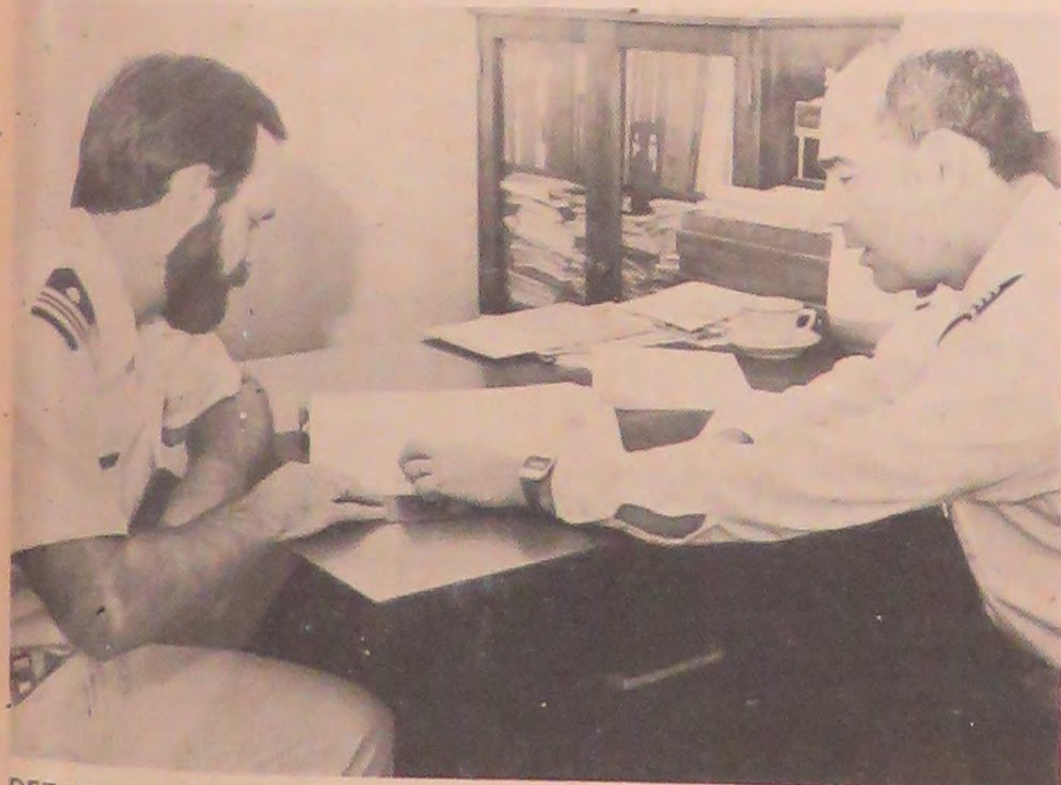
Ensign Dennis Wilson, Clinical Clerk.

Discounts here for Ice Follies

Special Services has obtained discount tickets for the Ice Follies and Holiday on Ice shows at the San Francisco Cow Palace. Ticket price is \$6 per person, and may be obtained at the Special Services Office.

These special tickets will apply to the Feb. 6 show at 8 p.m., and the Feb. 7 show at 11 a.m. and 3 p.m.

For more information contact Sally at ext. 2479.



DETAILER VISIT—Captain James Black (right), Medical Corps Specialty Detailer from the Navy's Bureau of Medicine and Surgery, paid a recent visit to Naval Regional Medical Center Oakland. Here, Lieutenant Commander John H. Bartow of the Oak Knoll Nuclear Medicine staff, receives some tips on career planning. Captain Black met with several staff physicians during his two-day visit.

Off duty ---



GO RAIDERS!—Although they were unable to attend this year's Super Bowl, these members of the Food Services Department served last Sunday's noon meal dressed in Raiders T-shirts. Raider rooters from left to right are: Mrs. Essie Johnson, Mrs. Dorothy Johnson, and Mrs. Celia Marrero.

Squaw Valley trip planned

Oak Knoll's Special Services has arranged for a late February weekend ski trip to Squaw Valley ski resort.

Because of space limitations, military personnel will have first priority on this trip; however, civilian personnel will be accommodated on a space-available basis.

Prices will range from \$81 per person (triple occupancy) to \$92 (double occupancy), and include hotel accommodations, two breakfasts and one dinner, and round-trip bus fare.

Military members and their dependents will receive a substantial reduction for lift tickets (\$11 each) while civilian employees can purchase their lift tickets for \$16.20. The regular price for these tickets is \$18.

The bus will depart from the parking lot next to the Special Services building (Bldg. No. 38) on Friday, Feb. 27, at 5 p.m.

A deposit of \$25 per person is required with your reservation, with the full balance due on or before Feb. 13.

For more information and details, interested persons can call Sally at Special Services at 639-2479 or 632-0307.



Intramural basketball roundup

The Oak Knoll Intramural Basketball League has completed its fifth week of competition with Medicine leading the way with an impressive 5-0 record.

During the first week of competition, Doug Love of the MSC team set a new NRMOC Oakland scoring record with an amazing 47 points scored against NP.

The following is a wrap-up of the games played to date, and the leading scorers for each game:

Week Number One

Medicine 38-Pharmacy 35—Leading scorers Tom Nagy 24, Rob Izzett 16.

MSC 67-NP 42—Leading scorers Doug Love 47, Rob Izzett 16.

Week Number Two

NP 29-9 South 20—Leading scorers Ben Carey 11, Mark Ford 12.

MSC 47-CPO's 41—Leading scorers Doug Love 23, Johnnie White 31.

Medicine 65-ENT 33—Leading scorers Tom Nagy 25, L. Williams 14.

Week Number Three

MSC 51-Ortho 30—Leading scorers Doug Love 24, Tony Carroll 16.

ENT 45-Pharmacy 33—Leading scorers Fred Cason 16, Ed Geliberti 15.

CPO's 65-NP 50—Leading scorers Johnnie White 45, Ben Carey 18.

Medicine 68-9 South 49—Leading

scorers Tom Nagy 26, Greg Ferguson 16.

Week Number Four

Medicine 72-MSC 39—Leading scorers Tom Nagy 26, Doug Love 13.

CPO's 63-Pharmacy 47—Leading scorers Johnnie White 39, E. Esto 12.

ENT 45-9 South 39—Leading scorers Fred Cason 20, T. Johnson 17.

NP 39-Ortho 38—Leading scorers Ben Carey 14, D. Brown 12.

Week Number Five

CPO's 55-9 South 44—Leading scorers Johnnie White 33, Mark Ford 18.

ENT 31-NP 30—Leading scorers Al Pierce and Fred Cason 10, Ben Carey 12.

Medicine 57-Ortho 15—Leading scorers Tom Nagy 26, Cooper 5.

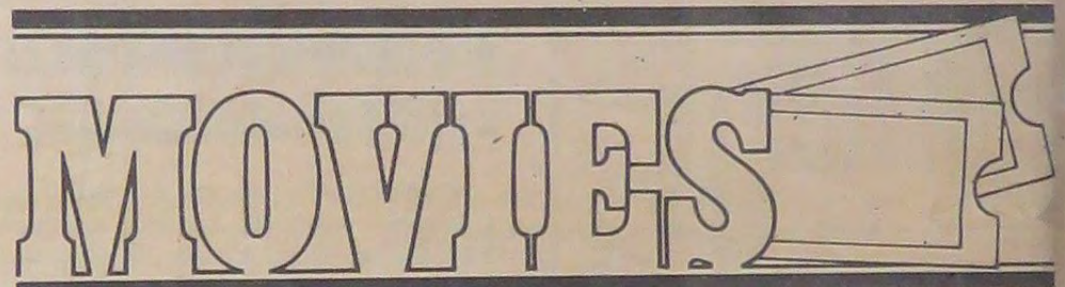
MSC 70-Pharmacy 44—Leading scorers Doug Love 22, Villanueva 14.

The standings through the fifth week of competition are:

Team	Wins	Losses
1. Medicine	5	0
2. MSC	4	1
3. CPO's	4	1
4. ENT	3	2
5. Ortho	2	3
6. NP	2	3
7. Pharmacy	0	5
8. 9 South	0	5



FOOTBALL FANS—Mrs. Jane Lippincott, secretary in Pastoral Care Service, and Mr. Weldon Miles, Deputy Equal Employment Officer, were among the lucky locals to attend last Sunday's Super Bowl in New Orleans. Both were there to cheer on the Oakland Raiders to victory. Mrs. Lippincott and her husband visited with friends in New Orleans while Mr. Miles was a member of a group of "Tailgaters" who attend most of the Raider games.



Friday, Jan. 30, 6:30 p.m.—AN ALMOST PERFECT AFFAIR—Keith Carradine, Monica Vitti—Romantic Comedy/PG

Saturday, Jan. 31, 1 p.m.—THE NORTH AVENUE IRREGULARS—Susan Clark, Edward Herrmann—Comedy/G

Saturday, Jan. 31, 2:45 p.m.—MARY POPPINS—Julie Andrews, Dick Van Dyke—Musical Fantasy/G

Sunday, Feb. 1, 6:30 p.m.—CRY UNION—Franco Nero, Sterling Hayden—Comedy/PG

Monday, Feb. 2, 6:30 p.m.—THE SOUND OF MUSIC—Julie Andrews, Christopher Plummer—Musical Drama/G

Tuesday, Feb. 3, 6:30 p.m.—HE KNOWS YOU'RE ALONE—Don Scardino, Caitlin O'Heaney—Suspense/R

Wednesday, Feb. 4, 6:30 p.m.—BORDERLINE—Charles Bronson, Bruno Kirby—Action/R

Thursday, Feb. 5, 6:30 p.m.—SCARED TO DEATH—John Stinson, Diana Davison—Horror/R

Friday, Feb. 6, 6:30 p.m.—WHY WOULD I LIE?—Treat Williams, Lisa Eichhorn—Comedy/PG

Saturday, Feb. 7, 1 p.m.—Pinocchio—Animated-Fantasy/G

Saturday, Feb. 7, 2:35 p.m.—WANDA NEVADA—Brooke Shields, Peter Fonda—Drama/PG

Sunday, Feb. 8, 6:30 p.m.—SOME LIKE IT COOL—Tony Curtis, Marisa Berenson—Comedy/PG

Monday, Feb. 9, 6:30 p.m.—SANTA FE TRAIL—Errol Flynn, Olivia de Havilland, Ronald Reagan—Western/PG

Tuesday, Feb. 10, 6:30 p.m.—HOPSCOTCH—Walter Matthau, Glenda Jackson—Comedy/R

Wednesday, Feb. 11, 6:30 p.m.—TERROR TRAIN—Jamie Curtis, Ben Johnson—Drama/R

Thursday, Feb. 12, 6:30 p.m.—THE EXTERMINATOR—Christopher George, Samantha Eggar—Action/R

USO celebrates 40 years

A gala dinner event will be held on Feb. 5 in the Presidio Officers' Club to salute the civilian community for their provisions to the USO for the last 40 years.

The event will begin at 6:30 p.m. with "no-host" cocktails, followed by dinner at 7:30 p.m. Entertainment will be provided following dinner.

Dress for this occasion will be informal.

Tickets may be obtained by sending checks for \$17.50 per person to the Bay Area USO, Inc., 760 Market Street, Room 840, San Francisco, Calif., 94102. If further information is needed, individuals may call 391-1657.

Television and movie personality Ed Ness will be on hand as the event's Master of Ceremonies.



THE OAK LEAF

Naval Regional Medical Center, Oakland, California

Friday, February 13, 1981

Vol. 43, No. 3



TEAM EFFORT—A team of Navy and civilian microsurgions at Naval Regional Medical Center Oakland begins removal of a patient's big toe on his right foot and a smaller toe from his left foot to replace two of five fingers severed from his right hand eight months earlier. Some 15 to 20 transplantations of a big toe

to replace a severed thumb have been recorded throughout the world, but as far as can be researched, this is the first case ever where both a big toe replaced a thumb and an additional opposable digit was recreated at the same time.

First microsurgery of its kind performed here

During the news-heavy day when a new President of the United States was inaugurated and the former American hostages were being released in Iran, medical history was being quietly made here.

That morning a team of Navy and civilian microsurgions began the first reported successful transplantation of a patient's two toes to the stumps of a thumb and opposable digit. The patient had accidentally severed all fingers of his right hand eight months earlier.

After two hours of preparation, three teams of surgeons began operating at 8:30 a.m., Jan. 20. Before the surgery was completed nearly 15 hours later, about 20 medical personnel were involved. They included eight surgeons, two anesthesiologists, three orthopedic technicians, nurses and operating room corpsmen. The team also included a medical photographer who documented the procedure with still photos, and an audio/visual specialist who recorded the surgery on videotape and relayed film of the intricate microsurgery to two large television monitors where the entire team could witness the suturing, by nearly invisible needles under a microscope, of arteries, veins and nerves.

The surgeons took the big toe of the patient's right foot and replanted it to the site of his severed right thumb. Next they transplanted the second toe from his left foot to replace the little finger of the same right hand. When sensation and movement have been fully restored, the transplantation is expected to allow the man to pick up small objects in a pinching movement and grip larger objects, such as a water glass.

The patient, Navy Chief Electrician's Mate Deane E. Rapp of the staff of the Commander, Submarine Group Five, San Diego, has now been transferred to Naval Regional Medical Center San Diego as an outpatient for therapy and recuperation at home. The rehabilitation period is expected to be about six months.

Chief Rapp, a decorated 13-year Navy veteran trained for duty aboard nuclear-powered submarines, severed all fingers of his right hand while using a circular saw in his home workshop May 17, 1980. Although he received prompt medical attention and civilian surgeons in a Southern California hospital labored 12 to 14 hours to replant the digits, their efforts were unsuccessful and it became necessary for the Navy to transfer the chief to an office job in material engineering.

Last fall, Navy medical officers at San Diego referred him to the Navy Medical

Center in Oakland where microscopic surgery procedures are under development. The chief came to the Bay Area in November for preoperative examination by team leaders Captain David M. Lichtman, chief of orthopedics at the Oakland hospital, and Dr. Harry Buncke, professor of plastic surgery at University of California's San Francisco Medical Center. Dr. Buncke is a civilian consultant to the Navy hospital, and a pioneer in microvascular surgery techniques.

According to Lichtman, some 15 to 20 transplantations of a big toe to replace a severed thumb have been recorded throughout the world, but as far as can be researched, this is the first case ever where both a big toe replaced a thumb and an additional opposable digit was recreated at the same time.

"He is doing well," Lichtman said. "I am hopeful that Chief Rapp will be able to return to shipboard duty, climbing ladders and doing the other work that his job entails."

Rapp is married and the father of three. His parents, Dr. and Mrs. Edward Rapp, live in Clearwater, Fla.

(Another photo, Page 3)

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EDITORIAL

Valentine's Day—a time for lovers and birds

"Roses are red, violets are blue/On Valentine's Day I think of you."

As a switch this Feb. 14, give your lady-love a bird feeder on St. Valentine's Day—but be careful what kind of customers it attracts. One of the fables or foibles associated with this lover's day is that the young lady's destiny is determined by the first bird that she sees on St. Valentine's Day.

If she sees a blackbird, she will marry a man of the clergy; a redbreast or bunting, a sailor; a goldfinch or yellowbird, a man of wealth. If the first bird is a sparrow, she is assured of love in a cottage; a bluebird, poverty; a crossbill, a quarrelsome husband; a wryneck, she will never marry; a flock of doves, good luck in marriage in every way.

The whole idea stems from an ancient custom in the folklore of many peoples that on Feb. 14 birds choose their mates for the coming year.

What's in a name

The name Valentine is associated with several martyrs of the Christian church who lived in various parts of the world. The two most prominent were Italians: a priest in Rome and a bishop in Umbria, both of whom lived in the third century A.D.

Some say that the holiday with its romantic connotations dates back to an early Roman event. In old Rome Feb. 15 was the festival of Juno Februa, and it is said that the Church substituted St. Valentine for the heathen goddess.

English cards

Valentine cards appeared in England early in the Christian era and survived the so-called Dark Ages. Heart-shaped epistles of greeting were in common use by the beginning of the 14th century.

The present custom of exchanging Valentines is more firmly rooted in the English practice of the early 1800s. By that time nearly everyone was learning to read and write through free schooling, and with the passage of the Penny Postage Act in England, the price of mailing Valentines was affordable by all.

Custom comes to U. S.

In 1875, German immigrant Louis Prang had designed Valentines in the United States that were considered works of art. Although Prang refined the printing of Valentines, Esther Howland of Holyoke, Mass., was the first noted maker of Valentines in America. Her ornate, handmade cards often sold for as much as \$35 each during the 1850s and 1860s.

In the 1890s the penny postcard craze swept America. Although the postcards were crude, the price was right, and they drove Prang and other publishers of the more expensive cards out of business.

Today, Americans young and old send Valentines to express their affection to loved ones, whether sweethearts, family or friends. Whatever the origin of the custom, it seems to be a wholesome idea, for psychologists point out that nearly everyone thrives on knowing that he or she is loved.

Make someone happy tomorrow.

SECDEF speaks about Navy

Speaking about the Navy during his Senate confirmation hearings, Secretary of Defense Caspar Weinberger said, "I feel that the traditional role of the Navy of keeping the sea lanes and the communications between ourselves and our Allies—which are of great distance from us—is a vital and continuing role. I think that the Navy very clearly has a major role to play should it become necessary for us to get into an offensive situation."

Immediately after assuming his new defense duties, Secretary Weinberger, in a message to all members of the armed forces, said, in part, "I am honored to be part of his (President Reagan's) efforts to improve the readiness of all our existing units and to begin now to restore our strategic balance."

He continued by saying, "Our new president and I share a deep appreciation of the sacrifices you make and the skills with which you serve and defend all the people."

"One of the major priorities is to be sure that our country fully recognizes and honors your great service at home and all over the world."



**National
Patriotism
Week** FEB.
16-22

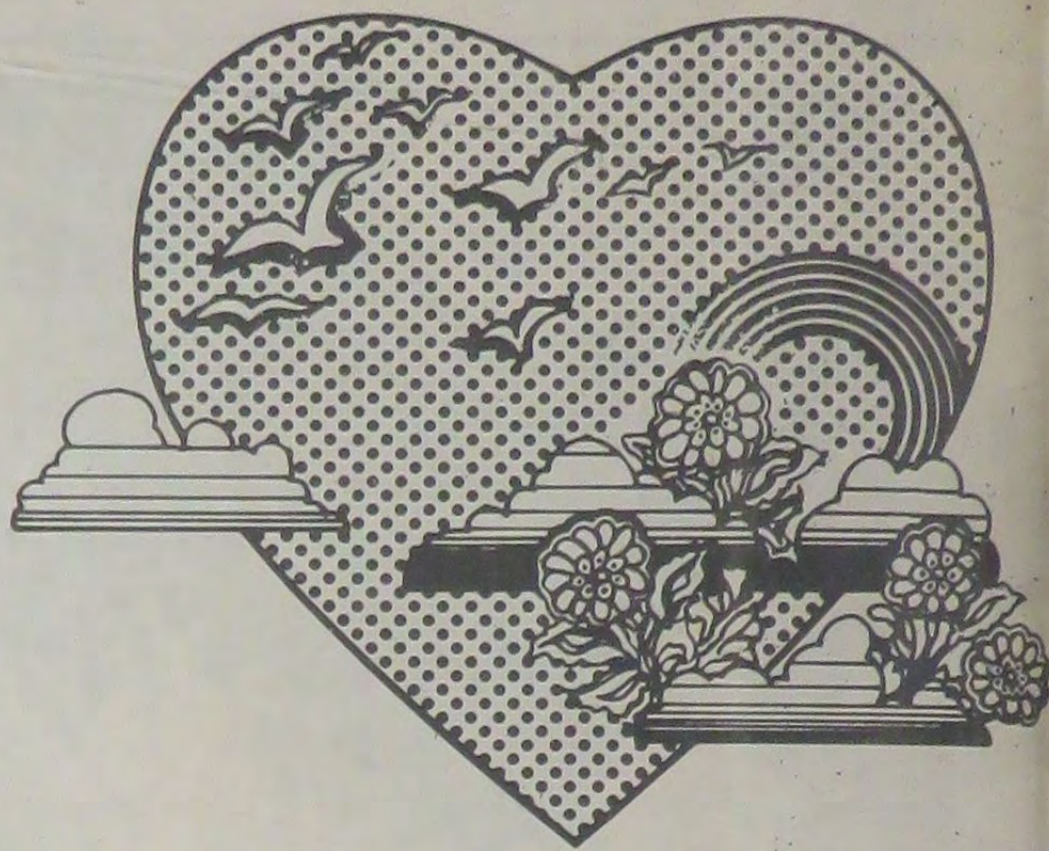
The first National Patriotism Week will be marked this year during the week of Feb. 16-22.

Public Law 96-421, evolving from legislation pushed earlier this year by Congressman Glenn M. Anderson of California in the House of Representatives and Senator Barry Goldwater of Arizona in the Senate, designates the third week in February for this observance and authorizes the president to call upon the people of the United States to commemorate National Patriotism Week with appropriate celebration and observances. It authorizes him also to request each federal agency to recognize this week with appropriate activities and information campaigns.

Primary and secondary schools will be encouraged to adopt appropriate instruction for the week to include the study of the Pledge of Allegiance, the national anthem, national symbols, seals and mottos; and national monuments, heroes and accomplishments.

Congressman Anderson's office has said that National Patriotism Week was first suggested to the congressman by a young woman when she observed that many of her school peers could not write the words to the Pledge of Allegiance or the national anthem. The congressman felt legislation was needed to encourage all members of the community, including young people in schools, to become more aware of their patriotic history.

The congressman's office points out that, with the legislation now public law, young persons across the country will be afforded the opportunity to center their attentions on American patriotism, and what it means to them, during the school year with the possible result of developing renewed pride and respect for America.



Outgoing

SECNAV bids farewell

For nearly four years it has been my privilege to be a part of the world's finest military organization—the United States Navy—Marine Corps team. All of you, the men and women, military and civilian, who make up this team have displayed the finest values established by the founders of our nation: patriotism, dedication to duty, and service to one's fellow man. Your achievements have been countless. It would be unwise to single out one at the risk of neglecting so many others equally deserving of praise, but history will always bear witness that when our nation needed, for the sake of stability and world peace, to establish a powerful military presence in the far distant Indian Ocean, you were ready, and that presence was established swiftly, smoothly, and in a manner the entire world could not fail to respect and admire.

I wish to express my special gratitude and appreciation to your families. Even when many of our ships have been kept on station at some far distant rendezvous for times well beyond the normal bounds of reasonableness, your families have displayed the utmost in patience, perseverance, and willingness to bear their share of the burden for the sake of discharging our nation's responsibilities to the free world.

Some of my utmost enduring memories are of my visits to the fleet and other units of our far-flung forces. I never made such a visit without coming away uplifted, inspired, and with a fuller realization of your professionalism and dedication to duty. You are a credit to our nation.

I am confident that the future of this magnificent organization will continue to strengthen its long tradition. In Admiral Tom Hayward and General Bob Barrow, whose friendship I deeply value, you have incomparable military leaders. Goodbye, good luck, and God bless all of you.

Edward Hidalgo
Former Secretary of the Navy

Our patients write...

My family and I would like to send our thanks and appreciation to the Naval Regional Medical Center, Oakland, and especially to Dr. Krah, Dr. Mischer and the rest of the Blue Surgery Team.

They exerted great efforts in my behalf, and discovered and corrected my medical problem.

We know that we cannot compensate them for their services, but we pray to God for the prolongation of their lives, and to see them on the top of the world.

Pedro R. Perez
Vallejo

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RAADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Friday, February 13, 1981

THE OAK LEAF

Primary Care/Staff Sick Call now combined on second deck

The Primary Care Clinic and Staff Sick Call unit at Naval Regional Medical Center Oakland (NRMCO) became a single organization in expanded quarters on the second deck of Bldg. 500 on Jan. 26.

According to Lieutenant Commander Robert B. Daggett, Chief of Outpatient Service, the merger provides better utilization of the staff of four interns, four fully-trained physicians, two nurse practitioners, one physician's assistant and 10 corpsmen, for a patient load that has expanded 10 percent over the last year.



PRIMARY CARE
APPOINTMENTS ONLY
MAY BE MADE 24 HOURS
PRIOR TO BEING SEEN

MON-FRI	0800	2000
SAT	0800	1600
SUN & HOL	1000	1600
CALL		
WEEK DAYS	639	2434
WEEK ENDS	639	2239

OPERATING HOURS—Lieutenant Commander Robert B. Daggett, Chief of Outpatient Service, stands by a corridor sign that describes hours of operation for primary care. Sick call hours for Oak Knoll staff members are 8 to 9 a.m. and 1 to 2 p.m. daily, Monday through Friday.

In 1980, 36,445 patients were seen in the Primary Care Clinic and 5,729 in Staff Sick Call. An additional 16,647 patients were treated in the Emergency Room.

Statistics show that most of the increased patient load is comprised of retired personnel and military dependents. An average of 150 persons are seen each day and Tuesday is the busiest day of the week.

The expanded floor plan provides a



EXPANSION—A central corridor connects screening areas with examination rooms, providing considerable more area to see primary care patients.



INITIAL SCREENING—Hospital Corpsmen take blood pressure, temperature and patient's histories in the initial screening process of the Primary Care/Staff Sick Call Unit.

screening area and several new examination rooms leading off a central corridor. Dr. Daggett anticipates that the average patient waiting time will be less than 30 minutes under the new system. Staff Sick Call appointments will be scheduled from 8 to 9 a.m. and from 1 to 2 p.m. daily, Monday through Friday.

Primary health care has been broadly defined as initial medical care

previously offered only by the general practitioner or family physician. In the Primary Care Clinic the patient's condition is assessed and his or her medical care coordinated between the primary team and specialists when consultation is indicated.

Primary care in a teaching institution such as NRMCO includes education and research, as well as service to patients.



DOCTOR'S ATTENTION—Medical Corps Lieutenant Commander Belen B. Lacuna discusses symptoms with a patient in one of the new examining rooms.

Three Navy men included in recent hostage release

Three Navy members were among the 52 American hostages released from Iran on Jan. 20: Commander Don A. Sharer, Lieutenant Commander Robert A. Englemann, and Intelligence Specialist First Class Duane L. Gillette spent 444 days in captivity after the American Embassy was seized on Nov. 4, 1979.

Commander Sharer was the Aircraft Maintenance Officer for Fighter Wing One, NAS Oceana, Va. He was on temporary duty with the Military Assistance Advisory Group (MAAG) in Tehran when Iranian militants attacked the U.S. Embassy. The 40-year-old Plainfield, Ind. native is the son of Mr. and Mrs. John W. Smith of Rising Sun,

Ind. His wife, Frances, and their children, Jeffrey, 15, and Jennifer, 10, live in Chesapeake, Va.

Lieutenant Commander Robert Englemann was also on temporary duty with MAAG. He was assigned to the Navy International Logistics Control Office in Philadelphia, Pa. The 34-year-old Hurst, Tex. native is the son of Mr. and Mrs. Ardo R. Englemann of West Hurst, Tex.

Petty Officer Gillette was assigned as a staff member at the American Embassy in Tehran. The 24-year-old Columbia, Pa. native is the son of Mr. and Mrs. Ivan G. Gillette of Columbia. He was advanced to First Class Petty Officer during his captivity.



THUMB'S UP—Navy Chief Electrician's Mate Deane E. Rapp, shown recuperating from the microsurgery at Oak Knoll, has now been released to his home near San Diego where his progress will be monitored by physicians of Naval Regional Medical Center San Diego. The surgery appears to have been a complete success and doctors are hopeful that the chief will be able to return to submarine duty. His rehabilitation period is expected to be about six months.

(Story, Page 1)



KEY SPEAKER—Bishop John S. Cummins of the Catholic Diocese of Oakland was the principal speaker at the recent Prayer Breakfast. Others at the head table were Chaplain M. J. Hary, Rear Admiral Walter M. Longergan, Chaplain Owen Hardage and Lieutenant Arnold Kirshenbaum.

Annual prayer breakfast draws 150 early risers

Approximately 150 persons attended the 7 a.m. National Prayer Breakfast at Naval Regional Medical Center Oakland on Jan. 29. The event was held in the main hospital dining room.

The program began with a prayer offered by Mr. Jack Dorsey, CT technologist in Radiology Service, and a pledge of allegiance led by Sergeant John Clark, Marine Corps liaison representative to NRMCO Oakland. Rear Admiral Walter M. Longergan, Commanding Officer, welcomed attendees.

Those assembled sang the National Hymn to background organ music provided by Mr. Paul Mauk. An Old Testament reading was made by Medical Corps Lieutenant Arnold Kirshenbaum

and a New Testament reading by Nurse Corps Lieutenant Jerry Wagner.

They were followed by the principal speaker, the Most Reverend John S. Cummins, Bishop of the Catholic Diocese of Oakland.

Medical Service Corps Lieutenant Commander John Kraft, Chief of Patient Affairs Service, introduced his musical composition, "For all that has been, we say 'thank you,'" and accompanied singing of the first public presentation of the number with guitar.

The breakfast closed with a benediction offered by Chaplain (Captain) Owen Hardage.

Father (Commander) M. J. Hary of Pastoral Care Service was in charge of arrangements.



COMPOSER—Lieutenant Commander John Kraft, Chief of Patient Affairs, has a hobby of composing liturgical music. During the recent Prayer Breakfast he introduced a new hymn and accompanied the group singing with his guitar.

New SECNAV announced

President Ronald Reagan has selected John F. Lehman Jr., to be the new Secretary of the Navy.

Mr. Lehman is the President of Abington Corporation, a Washington, D. C. based management firm that specializes in defense matters. He is a Lieutenant Commander and Naval Flight Officer in the Naval Reserve.

Educated at St. Joseph's College, Cambridge University, and with a Ph.D. in International Relations from the University of Pennsylvania, Mr. Lehman has been involved intimately in defense affairs since the late 1960's.

From 1969 to 1977 he was successively Senior Staff Member to Dr. Henry Kissinger on the National Security Council, Delegate to the Mutual Balanced Force Reduction Negotiations in Vienna, and Deputy Director of the U. S. Arms Control and Disarmament Agency. Since 1977, he has also served as Chairman of the Republican National Committee's Defense Advisory Committee and, most recently, as a member of the Reagan Defense and Foreign Policy Task Force.

Mr. Lehman is married to the former Barbara Wieland, and they have two children, John III, and Alexandra.

Mr. Lehman confirmed by Senate

Mr. John F. Lehman, Jr. received the unanimous approval of the Senate Armed Services Committee during confirmation hearings on Jan. 28 and was confirmed by the Senate on Jan. 29.

Touching on several vital issues during the hearings, Mr. Lehman stated, "I believe that clear U. S. naval superiority is an absolute requirement for stable world peace and American security."

Speaking at length about the future of the Navy, he said, "the essential role of our Navy will continue into the future, and will increase as western dependence on the sea for energy and commerce grows. Our naval capability must be sufficient to deter the full spectrum of potential threats, from interference with freedom of the seas by small nations, to full-scale war at sea by a superpower. Therefore, our capability must be judged against the standard of winning each level of conflict if deterrence fails. There can be no bluffing over the long term."

The Reagan Administration's goal of a 600-ship Navy received supportive comment from the Secretary-designate. "A fleet of this size would include 15 or 16 battle groups... and consequently enable the service to meet its peacetime and wartime requirements while truly maintaining a reserve surge or reinforcement capability," said Mr. Lehman.

In response to questions from committee members, Mr. Lehman said, "I think personnel are my very top priority." Saying that he considered the time he spent visiting the fleet over the past 15 years to be invaluable, Mr. Lehman indicated his greatest insight to the Navy had come from his talks with mid-grade and junior officers, chief warrant officers and enlisted, rather than books. His intentions are to maintain this personal contact as Secretary of the Navy, an authoritative source said.



NEW LOCATION—Hospitalman Antero Guanzon (foreground) and Hospital Corpsman Second Class Carlos ("C.J.") Martinez carry on their duties in a new location for the Patient Services Branch of Patient Affairs Service. The office is now located in Room 2-15-3 across from the small Navy Exchange on the second floor of Bldg. 500.

New alternative available for Oak Knoll commuters

If you drive to work, you know how expensive commuting has become, and you are familiar with the problems of rush-hour traffic. As an effort to ease these commuting problems, RIDES for Bay Area Commuters, Inc. is providing a free computer matchlist of other people at NRMCO Oakland and neighboring work sites who have similar commute and work hours. The free matching also helps keep existing carpools full and serves as a backup system for emergencies.

If your interest is vanpooling, RIDES facilitates the leasing of luxury vans to groups of 10-15 people. Through the use of their computer matching, RIDES helps people who want to be vanpool drivers get together with others who want to be passengers. Passengers pay a monthly fare calculated to cover the costs of leasing and operating the van. Considering the total cost of owning and operating a vehicle, you can save

up to 80 percent of your commute costs, or up to \$10 per day. Drivers of vanpools ride free and have personal use of the van on evenings and weekends at a nominal charge (19 cents) per mile.

RIDES also provides transit information for your areas.

For more information, interested commuters can call 861-POOL. Even if you are not now interested in ridesharing, you may want to consider getting a matchlist for emergency purposes.

If you are successful in establishing a car or van pool, you may also want to consider registering your pool with the security office to obtain a special parking place in the hospital compound reserved just for car and van pools.

The Operating Management Service has RIDES forms for obtaining computer matchlists as well as brochures that further explain this program.

Parking slots still available in 'pool' lot

In our Nov. 7, 1980 edition of Oak Leaf, we mentioned the initiation of a special parking lot for members of car and van pools.

The signs that will mark the designated area are now being made and should be completed in the very near future.

A major concern of those individuals involved in the planning of this operation is the lack of response from car poolers in the pre-registration phase. Currently, there are only seven registered car pools, leaving an estimated 13 slots still "up for grabs."

The only prerequisite for this program is that you must be a licensed driver with a valid base sticker, and have a total of three people riding in the vehicle.

For more information on this program, and for registration, interested persons may contact HM1 John Colony at ext. 2401, or may register in person at the Security Office.

Applications accepted all year for NRMCO clerical positions

Applications will be accepted by Civilian Personnel Service throughout 1981 for clerk typists and medical and file clerks at Naval Regional Medical Center Oakland and its branch clinics.

San Francisco Bay Area residents who are appointable federal employees, reinstatement eligibles, veterans readjustment appointment eligibles, or eligibles within reach on an appropriate OPM register, will be considered.

The positions are in the GS-305-03, GS-322-03 and GS-679-03 series. Jobs requiring typing skills are categorized at a special pay rate of \$11,070 to \$14,004 annually.

Detailed information may be obtained by calling Ext. 2116.

Reserve Chaplain to serve here

Reserve Chaplain, Commander Anton Kollar has reported onboard Oak Knoll for 30 days active duty for training. Chaplain Kollar will be filling in for the vacationing Chaplain "Sam" Tambourin who is visiting relatives in France.

Chaplain Kollar, who spent 30 days on active duty here last summer, is a Carmelite priest from the San Diego Diocese.

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THE OAK LEAF



RECENT RETIREES—Oak Knoll lost three more long term civilian employees to retirement in January. They are (l to r): Gertrude Williams, Mary Bacca and Willie Mae Collins. Mrs. Williams, former mangle operator in the Laundry, had 18 years' service, 11 of them at Oak Knoll. Her federal career also included duty as a fork lift operator for Naval Supply Center Oakland and as checker and marker at the Presidio of San Francisco laundry. Mrs. Bacca, a former machine towel operator in the Laundry, logged more than 22 years' service, all of them at Naval Regional Medical Center Oakland. Mrs. Collins, former Housekeeping aide, completed 32 years' service, all at Oak Knoll except for one year at Camp Claiborne, La.

HM3 awarded for heroism

A Navy Hospital Corpsman has been credited with saving the life of a civilian shipyard worker. As a result of his heroic and professional efforts, Hospital Corpsman Third Class (HM3) James A. Elliott was awarded the Navy Achievement Medal.

HM3 Elliott is assigned to USS BOWEN (FF 1079), undergoing overhaul at a Brooklyn, N. Y. shipyard. As the ship's duty corpsman, he was

called to the fo'c'sle when a shipyard worker collapsed from inhaling poisonous fumes. The victim's heart and breathing suddenly stopped. HM3 Elliott immediately took charge of the situation and successfully administered cardiopulmonary resuscitation.

Commander William A. Estell, Jr., Commanding Officer of BOWEN, presented the medal to HM3 Elliott.

'CJ' off to lab school

Hospital Corpsman Second Class (HM2) Carlos (C. J.) Martinez ended his two year tour here on Feb. 6, when he transferred to San Diego to attend the Advanced Laboratory Technician School. Petty Officer Martinez has been assigned to the Patient Affairs Office during his tour of duty at Oak Knoll.

Petty Officer Martinez' nearly eight years of service has taken him to Naval Support Activity, New Orleans, La., and then on to the Naval Regional Medical Center, New Orleans, where he became a "plank owner."

His ultimate goal is to become a Medical Service Corp officer in the Navy, and will actively pursue that goal after completing his school assignment.

Petty Officer Martinez recently reenlisted for an opportunity to attend the advanced lab school, and said of his

achievement, "I'm very pleased to be able to attend this school. It's a long school and will take some hard work, but I'm sure that it will be worth it in the end."

Running and automotive mechanics make up his off-duty interests.



HM2 Carlos "CJ" Martinez

USPS takes over FPO

Check Fleet Post Office (FPO) addresses carefully—the FPO postal directory service, presently operated by military personnel at New York, Miami, Seattle, and San Francisco, was turned over to the U. S. Postal Service on Feb. 1, 1981.

To assure prompt dispatch and delivery of FPO mail, all mailers are urged to see that complete and accurate addresses include box numbers, unit designations and the correct FPO numbers.

Kudos....

Letter of Commendation
Commander Phyllis Warren, formerly of Laboratory Service.

Letters of Appreciation
Hospital Corpsman Third Class Moises Paraso, Primary Care/Emergency Room.
Lieutenant Steven Naylor, formerly of Nursing Service.

Hospital Corpsman Second Class Bryan Pooler, Operating Room.

Good Conduct Awards
Hospital Corpsman First Class Clifford Neal Stone, Jr., PMT School staff, third award.

Interior Communications Electrician Second Class Keith Hammer, Medical Repair.

Promotions

To Lieutenant (junior grade), Nurse Corps officers Carol Gibson, Margaret Minogue and Valerie Quarantotto.

Reenlistments

Machinist Mate First Class Roynal Elliott, Security.

Hospital Corpsman First Class Susan Gonzalez, Preventive Medicine.

Certifications

Radiologic technology certificates to civilian students Ruth Carr, Laurie Cooley, Stephen Cortelyou and Bryanna Thomas.

Comings and Goings

"Fair winds and following seas" to the following staff members who have recently departed this command:
Lieutenant (junior grade) Paula Kapp, formerly of Nursing Service, released from active duty.

Commander Phyllis Warren, formerly of Laboratory Service, transferred to Bethesda, Md.

Ensign Diane Strenn, formerly of Nursing Service, resigned.

Lieutenant Steven Naylor, formerly of Nursing Service, to Barstow.

Hospital Corpsman Third Class Jerry Espiritu, formerly of X-ray, honorably discharged.

Hospital Corpsman Third Class Marie Lane, honorably discharged.

Hospitalman Richard Montgomery, formerly of Preventive Medicine, to USS MIDWAY.

Hospital Corpsman Second Class Jerome Campbell, formerly of ENT Clinic, to Okinawa.

Hospitalman Cecilia Theaux, formerly of Surgery Clinic, to Okinawa.

Hospital Corpsman Second Class Brian D. Pooler, formerly of Operating Room, to San Diego.

Chief Boiler Technician George M. Cone, formerly of Operating Management, to Bremerton.

Hospital Corpsman Third Class Mark P. Zoma, formerly of Clinical Investigation Center, honorably discharged.

Hospitalman Allison Porter, formerly of PCC/ER/Staff Sick Call, to Japan.

"Welcome aboard" to newly arrived:

Captain Francisco Gonzalez, Medical Corps, ACDUTRA, Clinical Investigations.

Commander Anton Koller, Chaplain Corps, Pastoral Care, temporary.

Lieutenant (junior grade) Herbert Hollinshead, Medical Service Corps, ACDUTRA, Preventive Medicine.

Hospital Corpsman First Class Dale Pegler, from 29 Palms to X-ray Department.

Hospital Corpsman Second Class Kevin Smith, from USS GUADALCANAL.

Hospitalman K.S. Garrison, from Great Lakes to Neurosurgery.

Hospitalman Recruit James G. Stuart, from Corps School, San Diego.

Hospitalman David A. Foster, from Corps School, Great Lakes.

Sailor of Month 'Mature, Decisive'

"She is a mature and decisive individual with a powering but not dominating personality, who is dedicated to her work and loyal to her supervisors," said Commander Moussa Y. Menasha, Head of the Gastroenterology (GI) Service, as he described Naval Regional Medical Center, Oakland's Sailor of the Month for January.



HM3 Lyn Greene

Hospital Corpsman Third Class "Lyn" Greene's interest in the medical field began back in her home town of Spotsylvania, Va., where she served as a volunteer in the local rescue squad. "Working with the rescue squads for awhile aroused my interest in the medical profession, which led to my enlistment in the Navy as a corpsman," she said.

After enlisting in the Navy on the delayed entry program nearly two years ago, Petty Officer Greene arrived at Oak Knoll after completing Corps School last year.

Speaking of her selection Petty Officer Greene said, "I'm honored to have been selected with so many others at the command who qualify. It's not hard to do your job well though, especially with such professional people as those here in Internal Medicine. It's a privilege to be a part of them and the GI Department."

Listing her hobbies as reading, bicycling, backgammon, and aceduecy, she also keeps active in various sports activities including skiing, softball and tennis. "I also like to play racquetball, but I'm still in the learning stages there," she said.

Petty Officer Greene plans to continue her Navy career with an eventual goal of obtaining a MSC commission in Aerospace Physiology.



Monday Feb. 16 will be a national holiday. It is in observance of George Washington's Birthday.

The father of our country was born Feb. 22, 1732, but in recent years his birthday has been celebrated on a Monday in order to afford a three-day weekend.



THE WAY HE IS—The "young, dreamy-eyed Hospitalman" of 1957 pictured in the last issue is none other than HMCM Charles E. Dackerman, Command Master Chief of Naval Regional Medical Center Oakland.



"WHAT BIG TEETH IT HAS"—Dental Technician JoAnne Hershenzon uses a visual aid to show Erika Silk, 4, how to properly brush her teeth. February is Dental Health Month, a time for all to "brush up" on oral health.

Eye injuries can be prevented

Every 11 minutes someone in the United States will become blind. A startling fact.

More startling, though, is the fact that half of all this blindness can be prevented.

The leading causes of blindness are:

- glaucoma,
- macular degeneration,
- cataracts, and
- optic nerve atrophy.

None of these conditions can be prevented. But blindness as a result of cataract can be cured by surgery, and early detection and appropriate treatment can prevent blindness caused by glaucoma.

What can be prevented is blindness or loss of vision as a result of injuries.

An estimated 1.3 million Americans will suffer an eye injury this year. Among them will be an estimated 160,000 children of school age, and about 11,000 younger children.

Ninety percent of all eye injuries can be prevented, primarily through the simple means of using protective eyewear.

Most eye injuries are product-related, with six product groups and one product accounting for 80 percent of all eye injuries treated in emergency rooms. The groups are personal use items (contact lenses, sun lamps, etc.), home structures, home maintenance (such things as chemicals, cleaners, etc.), sports and recreation, home workshop activities, and home furnishings—the product: motor vehicles.

The National Society to Prevent Blindness has a new pamphlet out on avoiding eye injuries.

For a free single copy of "Eye Safety Is No Accident," send a stamped, self-addressed business-size envelope to National Society to Prevent Blindness, 79 Madison Avenue, New York, N. Y. 10016.

The New Year's watch at Bremerton

New Year's log entry 0001
NRMC Bremerton, Wash.

This New Year's Eve duty's become my tradition,
But this is my first time in a * delicate condition.

This is just one of many new trends,
That greet us this year as 1980 ends.

We left the old building with joy, but regret—
A finer new hospital would be hard to get.

Our post-occupancy test we passed without censure
JCAH said 'it's not just your job, it's your licensure!'

As Navy we take great change with aplomb,
But Sister St. Helen's went off like a bomb.

She gave us some problems and challenges quite new
Is this "ash-con" alert Number 3, 1 or 2?

Our bulkhead shows pictures, quite colorful too,
That mark smooth transitions Captains Elliott, Huff, then Proulx.

Our gallery features the skipper front view
Soon a new SecNav, SecDef, and Commander-in-Chief too.

Forty strong we're on duty this wet New Year's Eve
and as our flags say, 'we stand ready to receive.'

—LCDR KATHIE MORRISON

* (Editor's Note: Commander Morrison was formerly head dietician at Naval Regional Medical Center Oakland. She and her husband are expecting their first baby in late June or early July.

Brushing up on dental facts

By LCDR Bruce M. Pope, DC, USN and DT2 JoAnne Hershenzon

February is Dental Health Month. This is our opportunity to make you more aware of not only your teeth, but your oral health in general. Addressed below are some frequently asked questions regarding dental care for children:

Q. How often should my children brush their teeth?

A. It takes 24 hours before soft plaque (bacteria and food) begins to harden. Therefore, once every 24 hours is sufficient if the teeth are thoroughly brushed and flossed.

However, any time food passes through our mouths, sugars and bacteria can immediately begin affecting our teeth. My advice, then, is to brush in the morning "to get the dragon out," swish and swallow after meals and snacks (preferably with water) and finally, before bed, give your teeth a thorough cleaning with a toothbrush and floss.

Also available are fluoride mouth rinses which have been shown to be effective in reducing decay. These can be used by anyone over the age of six, preferably just before bed, after a thorough brushing and flossing.

Q. When should children begin brushing their own teeth?

A. Children generally do not have the patience and coordination to ade-

quately brush their own teeth until after age six. Before that age, mom or dad must do it for them. You begin by wiping your baby's teeth after meals until the child is between one year and 18 months. After that, you should brush their teeth before bed. By age three, flossing should be a part of their daily teeth cleaning.

Q. When should my child make his or her first visit to the dentist?

A. This answer varies from dentist to dentist. We feel children should make their initial visit after all the primary or baby teeth have arrived. This occurs somewhere between ages two and three. At this age, the child usually does not have any decay and his trip to the dentist can be a pleasant learning experience. Of course, if you have any questions or notice any decay or abnormality before this age, you should have your child visit a dentist then.

Q. How about dependent dental care?

A. Dependent dental care is currently not authorized at military facilities except for emergency treatment. Several bills, however, are currently pending before Congress which contain provisions for dependent dental care.

Most lose CHAMPUS benefits at 65

Are you 65 or over? Do you have a spouse in this age group? Is a member of your family disabled or suffering from chronic kidney disease?

A yes answer to any of these questions means you should keep yourself well informed on the effect Medicare entitlement has on CHAMPUS benefits.

By law, retirees, spouses and children of retirees, and spouses and children of deceased service members (active duty or retired) lose eligibility for CHAMPUS when they become entitled to Medicare's Hospital Insurance (Part A).

CHAMPUS eligibility continues for any active duty member dependent who becomes entitled to Medicare, but Medicare becomes primary (first) payor and CHAMPUS secondary payor.

Medicare is the Social Security Administration's health insurance program for people 65 years of age or older and for some people under 65 who have a disability or chronic kidney condition. It has two parts: Hospital Insurance, called Part A, and Medical Insurance, called Part B.

Medicare's Hospital Insurance (Part A)

If you are entitled to Social Security cash benefits you get Part A automatically and there is no premium. Also, at this time you lose eligibility for CHAMPUS, unless you are the spouse or child of an active duty member.

Medicare's Medical Insurance (Part B)

Part B covers physician's services and other expenses not covered by the hospital insurance. There is a premium for Part B and anyone who becomes entitled to Part A is automatically signed up for Part B unless the individual notifies Social Security in writing that he/she does not wish to sign up for this part of Medicare. If an individual chooses not to sign up for Medicare Part B when initially eligible, he/she may subsequently sign up but only during the annual open enrollment period and there is a premium penalty.

Detailed information about Medicare can be obtained from any local office of the Social Security Administration. There is a CHAMPUS fact sheet available on this subject, which may be obtained from the Health Benefits Advisor at military medical facilities, or by writing CHAMPUS or the CHAMPUS Fiscal Intermediary serving your area.

If you or a member of your family expect to become entitled to Medicare in the near future, you need to know how you will be affected and what the Medicare benefit will be.

Ortho care limited at Travis hospital

Air Force officials recently announced reductions to orthopedic care service at David Grant U. S. Air Force Medical Center at Travis.

Due to a large backlog of cases and a shortage of orthopedists, orthopedic care will be temporarily closed to

retirees and their dependents as well as active duty dependents. It is anticipated that this matter will be resolved by January 1982.

Orthopedic care at the Travis facility will continue to be provided to active duty military personnel.

Lab service transition announced

Mr. Hal Seibert, who served as civilian assistant to Commander Phyllis Warren, has temporarily taken over the Administrative Officer position in the Laboratory Service left vacant by Commander Warren's departure.

Mr. Seibert will hold this position

until the arrival of Lieutenant Commander Bob Felton in August or September. Lieutenant Commander Felton will then take the helm as Administrative Officer of that service upon his arrival at Oak Knoll.

Major changes made in FEGLI; open enrollment period in March

The Federal Employees' Group Life Insurance Act of 1980, Public Law 96-427, made several changes to the Federal Employees Group Life Insurance (FEGLI) program.

The most significant effect of the act provides federal employees two new forms of optional insurance. In addition, the amount of Basic Insurance (formerly called Regular Insurance) will be increased in October 1981 for covered employees under age 45 at no additional cost to the employee.

In another change, any eligible federal employee retiring since Dec. 9, 1980 can elect an option to prevent the automatic decrease in the face value of life insurance that occurs after age 65.

The law applies to federal employees who retire and are eligible to continue their basic insurance into retirement, or to those who become eligible to continue their basic insurance as recipients of benefits from the Office of Workers' Compensation Programs (OWCP).

Until now, life insurance was automatically reduced two percent per month after age 65, down to 25 percent of the original face value. Under the new law, employees can now elect a lesser reduction, or no reduction at all through withholdings from their retirement annuities.

Approximately 2,350,000 employees are presently enrolled in the FEGLI program which is administered by the Office of Personnel Management (OPM).

Currently, the regular FEGLI plan provides coverage in an amount equal to the employee's salary, rounded to the next higher thousand dollars, plus \$2,000. It features a level premium, i.e., the rate per \$1,000 of insurance is the same for all employees without regard to age.

Employing agencies contribute one-third of the cost of regular insurance, and the employee pays the rest. The Postal Service, however, assumes the full cost for its employees.

In addition, \$10,000 of optional insurance coverage is available to those participating in the regular plan under a schedule of age-adjusted rates on an employee-pay-all basis.

An open enrollment period will be held throughout the month of March, during which all eligible employees (including reemployed annuitants) will be required to complete an election form setting forth their elections or declinations of the four forms of insurance which will be available.

OPM has set new premium rates associated with the new programs. The cost of the Basic Insurance has been reduced slightly from 25.5 cents bi-weekly per thousand dollars of coverage to 24 cents bi-weekly.

Following is a brief summary of the four options and the rates which will be effective in April, 1981 following the open enrollment period.

Option A—Standard
This is the new name for the insurance formerly called "optional insurance." The coverage is for \$10,000 and the premiums are determined by the individual employee's

age. An employee must enroll for Basic Life to be eligible for this or the subsequent options. The cost of Option A—Standard Insurance has been reduced in some age categories, as follows:

Bi-weekly Rate for \$10,000			
Age	OLD	NEW	
Under 35	\$.60	\$.60	
35-39	1.00	.80	
40-44	1.70	1.40	
45-49	2.40	2.20	
50-54	3.50	3.20	
55-59	7.50	7.50	
60 and over	9.00	9.00	

Option B—Additional
Under this new option, an employee insured for Basic Life can purchase additional coverage in multiples of from one to five times his or her annual basic pay (after first rounding to the next higher thousand dollars). The cost of the Option B—Additional coverage rates per \$1,000 of coverage:

Age	Biweekly
Under 35	\$.05
35-39	.07
40-44	.12
45-49	.20
50-54	.30
55-59	.60
60 and over	.95

Option C—Family Coverage
This new option provides to employees covered under Basic Life coverage for their family members of \$5,000 for the spouse and \$2,500 for each eligible child. The cost of the Option C—Family coverage is as follows:

Age	Biweekly
Under 35	\$.50
35-39	.60
40-44	.70
45-49	.90
50-54	1.30
55-59	2.00
60 and over	3.00

Basic Insurance
The amount of basic life insurance available to each eligible employee under age 45 will be increased commencing with the first pay period which begins on or after Oct. 1, 1981, at no additional cost to the employee. The increase will be graduated according to the employee's age.

Employees under age 36 will be eligible for regular insurance coverage in an amount equal to their annuity salary rounded to the next higher thousand dollars plus \$2,000, multiplied by two.

Beginning at age 36, the multiplication factor for the amount of regular insurance would decline by .1 each year, until it reaches 1.0 for employees age 45 and over. To illustrate:

At age:	
35 or under	2.0
36	1.9
37	1.8
38	1.7
39	1.6
40	1.5
41	1.4
42	1.3
43	1.2
44	1.1
45 or over	1.0

(FEDERAL NEWS)

Chaplain's Corner

Let it begin with me

By LCDR Floyd C. Ellison
Chaplain Corps, U. S. Navy

The American people experienced some exhilarating moments during the last few weeks. The orderly transfer of Presidential power, followed quickly by the long-awaited and long-overdue release of the 52 hostages, marked Jan. 20 as special in our history and in our memories. The victory of Plunkett's incredible RAIDERS continued this elation (at least for The Faithful).

Months of frustration and discouragement have given way to times of celebration. But all too soon the excitement of these days will be dissipated as Americans return to "business as usual," and wait for something else to happen and arouse our anger or thrill our hearts. There seems to be a national nonchalance running rampant through our society, an indifference which causes us to be reactive rather than proactive.

It is time for an offensive move. I believe it is time for us to lead nations of the world into a new age, an age that must of necessity unite all the people of this planet in one vast family of harmony and love. We need to harness our spiritual resources, not to control the ballot box and inflict others with any particular brand of self-righteous morality, but rather to sweep away the negatives of suspicion, hate and fear that eat away at our foundations.

Realistically, we cannot effect change in others until we are changed. We cannot talk about world peace and a new age until each of us has attained soul peace, which the world can neither give nor take away, for that is where true peace begins. So let each of us get his/her own house in order. Specifically, let us not take these recent celebrations casually. Rather, let each of us thoughtfully express gratitude to God for these and other blessings. Let each of us examine his/her own conscience so that in any situation we are not so apt to throw the first stone. Let each of us covenant to treat others as we ourselves wish to be treated. Let each of us spend time daily in prayer and meditation, and join others of our faith for worship in church or synagogue. Let each of us be at peace with ourselves and with God. These are our spiritual resources. These are the tools with which we can affect change in the world community.

God, who is the author-producer of this moving picture drama of life, is capable of turning out the pictures of peace and harmony if we let Him run the machine and don't interfere with our short-sighted plans or ill-founded biases.

A hymn we sing on occasion in our chapel service has these lines: "Let there be peace on earth, and let it begin with me." What better prayer can we offer? What stronger commitment can we make?

How to 'tailor' overcoat for your hot water tank

Giving your hot water heater a new overcoat is another inexpensive way to save money.

It won't even be a stylish overcoat at that.

While there is some insulation in most hot water heaters, an extra coat on the outside should save you between \$10-\$20 a year.

You can buy enough regular foil-backed insulation and tape to do this job for less than \$10, or you can buy one of the hot water tank kits that many hardware stores now feature.

Do-it-yourself is cheaper, and that's what counts.

Tight and neat

If you buy a roll of insulation for this energy-saver, you can save the remainder of the roll to finish some of the other low-cost measures described in the AFPS Energy Savers series.

For the water heater project you will need enough insulation to completely encircle the tank and also to cover the top.

The standard 3½ inch insulation is adequate for the job, though you may have to squeeze it a little to make it fit between the tank and any adjacent wall.

The insulation goes around the tank like gift-wrapping on a package—the shiny foil on the outside.

Since it will take two widths of insulation to cover the tank from top to bottom, you'll have to seal the horizontal seam with duct tape. Use this tape on the vertical seam where one edge of the insulation comes together with the other edge.

Last step is to cut a circle of insulation for the top and then seal that to the side insulation.

Needed holes

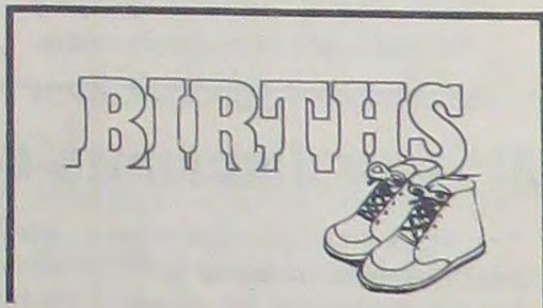
The main point is to cover all exposed surfaces of the tank, except for certain critical areas that must be

left free to "breathe."

On electric water heaters, it is best not to cover the drain faucet near the bottom, the thermostat access panels, or the relief valve.

On gas water heaters, a crucial warning must be heeded: do not cover air inlets, pipes, controls, relief valve, or the flue at the top of the heater. If you are unsure as to what openings to cut, get some expert advice.

It is also important that the insulation be securely fixed to the tank so that it can't slip down and cover these openings later. A mistake at this stage can cause a fire or even an explosion.



The following new additions to the Navy medical/dental "family" have arrived at Oak Knoll:

A baby girl to Lieutenant John Mason, Pediatrics, and his wife Cherral, Jan. 22.

A baby girl to Lieutenant Robert Jolley, Dental Department, Treasure Island, and his wife Cheryl, Jan. 28.

A baby boy to Hospital Corpsman Third Class Reynaldo M. Ignacio, Pharmacy Service, and his wife Barbara, Jan. 30.

Consumer Cupboard

Q—This morning a salesman knocked on your door and sold you \$100 worth of books. You have reconsidered the purchase and do not want the books. Can you cancel the sales contract?

A—Yes. There is a three-day cooling-off or cancellation period on most door-to-door

sales transactions totaling at least \$25. You can cancel the purchase by signing the cancellation form that the seller is required to give you and mailing it to the address given for cancellation. This must occur before midnight of the third business day after the day of sale.

SPORTS

Scenes by the sidelines

By Ron Brown

With one week left to play in the 1980-81 Intramural Basketball League the top four teams have mathematically assured themselves of a playoff position.

Medicine heads the list by virtue of an unblemished six wins, zero losses, as they defeated NP 88-33 on Jan. 28, eliminating the latter team from any playoff spot.

Tom Nagy led Medicine with 31 points on 14 field goals and 3 free throws. Steve Baez followed Nagy with 25 points on 12 field goals and 1 free throw. Rob Izzett led NP with 12 points.

CPOs take second

Behind the 28 point scoring spree by Johnnie White, the CPO team moved into undisputed possession of second place with a 5-1 record.

MSC dropped off the pace, but stayed in the playoff picture as they lost to ENT by a score of 50-47.

Both ENT and MSC have identical records of four wins and two losses.

The Feb. 4 games had no bearing on the playoff teams, but the results (unavailable at this writing) could play a big part in who plays whom.

Standings thru Jan. 28

Team	Wins	Losses
Medicine	6	0
CPOs	5	1
MSC	4	2
ENT	4	2
Ortho	2	4
NP	2	4
9 South	1	5
Pharmacy	0	6

(Last four teams eliminated from playoffs)

All aboard for Squaw Valley

Reservations and payment for the Feb. 27 Squaw Valley weekend ski trip should be made to Special Services today, Sally Young advises.

A special package price of \$81 per person (triple occupancy) to \$92 (double occupancy) includes hotel accommodations, two breakfasts and one dinner, and round-trip bus fare to and from the parking lot next to Bldg. 38 at Oak Knoll.

Once at the ski area, military members and their dependents will receive a substantial reduction for lift tickets (\$11 each) while civilian employees can purchase the lift tickets for \$16.20. Regular price is \$18.

For more information, call Sally at Ext. 2479 or 632-0307.

Campsite reservations offered via Ticketron

Reservations for family campsites at Lake Del Valle near Livermore are now being handled by Ticketron, a computerized ticket service, represented here on base by Special Services, Bldg. 38, Ext. 2479.

Ticketron will accept reservations for the campsites as early as eight weeks in advance. The camping season runs from Feb. 1, to Oct. 31.

The new system will provide reservations on a first-come, first-served basis. Family mem-

bers of the East Bay Regional Park District will pay a \$3 per night camping fee; others, \$6 per night. Both members and the public will additionally pay Ticketron a \$1.75 service charge per reservation—and per cancellation.

Demand for campsites at Lake Del Valle became too great for park staff to handle reservations. "Lake Del Valle has been discovered by the public," said a park district spokesperson.

Military discounts at top ski resorts

The Alpine Meadows Ski Area is now offering discounts to military families in an effort to make purchasing of lift tickets more economical.

Lift ticket coupons are issued to the base on a consignment basis. Each lift ticket coupon is good for one all day lift ticket, which can be used Sunday through Friday. These ticket coupons are sold at the Special Services office for \$12.00, which will save the buyer \$5.00 on each ticket purchased.

Alpine Meadows Ski Corporation will re-issue additional coupons to meet the needs of Oak Knoll should the supply run low.

For additional information, interested persons should contact the Special Services Office.

Softball tryouts soon

Men's varsity slow-pitch softball tryouts are scheduled for the week of Feb. 23-27.

Active duty staff members are invited to call Chief Hospital Corpsman Harold White at Ext. 2511 if interested.

Bake sale today

The Naval Regional Medical Center Officers' Auxiliary is holding a fund-raising bake sale today in the Outpatient Waiting Room area on the second deck of Bldg. 500.

Hours of sale are 10 a.m. to 3:30 p.m.

San Franciscans mark 'Year of the Rooster'

Chinese New Year will begin to be celebrated tomorrow in San Francisco with firecrackers and ceremonial dancers in Union Square. Festivities will continue throughout the week and end with the traditional Golden Dragon Parade through San Francisco's Chinatown on the evening of Feb. 21.

For times of these events and announcement of other activities, see your daily newspaper or call 391-2000.

The pageantry will bring in the Year of the Rooster, 4679.



HEFTY HAUL—Captain David Lichtman, Chairman of Orthopedic Service, recently caught this 111-pound blue marlin off the coast of Puerto Rico and won a first place trophy in a fishing tournament sponsored by the Eastern Orthopedics Association.

Equipment available at Special Services

Special Services Office carries many types of equipment available for rental on a first-come, first-served basis.

No equipment will be reserved but camping and skiing gear may be checked out on Thursday for the following weekend at no additional charge.

Camping gear and rental rates are: cooler, 50 cents a day, \$1 weekend; lantern, 50 cents a day, \$1 weekend; oven, 50 cents a day, \$1 weekend; water jug, 15 cents a day, 50 cents weekend; sleeping bag, 50 cents a day, \$1 weekend; camp stove, 50 cents a day, \$1.50 weekend; folding table, 25 cents day, \$1 weekend; pup tent, \$1

day, \$2 weekend; 8'x10' tent, \$2 day, \$4 weekend; cot, 50 cents a day, \$1 weekend.

Skiing gear and rental rates: skis, \$3 a day, \$6 weekend; poles, \$1 a day, \$2 weekend; boots, \$1 a day, \$2 weekend; set, \$5 a day, \$10 weekend.

Fishing rod: 75 cents a day, \$1.50 a weekend.

Athletic equipment: croquet, 50 cents a day, \$1.50 a weekend; bow and arrows, 50 cents a day, \$1.50 a weekend; golf clubs and bag, 75 cents a day, \$1.50 weekend; volleyballs, footballs, basketballs, softballs, bats and gloves, free.

MOVIES

Friday, Feb. 13, 6:30 p.m.—THE PASSAGE—Anthony Quinn, James Mason—Drama/R.

Saturday, Feb. 14, 1 p.m.—BATTLE BEYOND THE STARS—Richard Thomas, Robert Vaughn—Space Adventure/PG

Saturday, Feb. 14, 2:35 p.m.—101 DALMATIANS—Animated—Action Comedy/G

Sunday, Feb. 15, 6:30 p.m.—HANOVER STREET—Harrison Ford, Lesley Anne Down—War Drama/PG

Monday, Feb. 16.—HOLIDAY—NO MOVIE WILL BE SHOWN TODAY

Tuesday, Feb. 17, 6:30 p.m.—THE LAST WORD—Richard Harris, Karen Black—Drama/PG

Wednesday, Feb. 18, 6:30 p.m.—THE MAN WITH BOGART'S FACE—Robert Sacci, Franco Nero—Comedy/R

Thursday, Feb. 19, 6:30 p.m.—A PLEASURE DOING BUSINESS—Conrad Bain, John Byner—Comedy/R

Friday, Feb. 20, 6:30 p.m.—EVERY GIRL SHOULD HAVE ONE—Herb Vigran, Zsa Zsa Gabor—Comedy/PG

Saturday, Feb. 21, 1 p.m.—THE FRISCO KID—Gene Wilder, Harrison Ford—Comedy/PG

Saturday, Feb. 21, 3 p.m.—HOT LEAD, COLD FEET—Don Knotts, Jim Dale—Comedy/G

Sunday, Feb. 22, 6:30 p.m.—ABBA THE MOVIE—Robert Hughes, Tom Olivier—Musical/G

Monday, Feb. 23, 6:30 p.m.—AGATHA—Dustin Hoffman, Vanessa Redgrave—Drama/PG

Tuesday, Feb. 24, 6:30 p.m.—STAR WARS—Mark Hamill, Harrison Ford—Sci-Fi/PG

Wednesday, Feb. 25, 6:30 p.m.—THE FORMULA—George C. Scott, Martha Kellar—Suspense Drama/R

Thursday, Feb. 26, 6:30 p.m.—IT'S MY TURN—Jill Clayburn, Michael Douglas—Romantic Comedy/PG



Valentine's Day
Dinner Dance
Porthole,
Feb. 14



CIVILIAN-MILITARY CONTINGENCY—Nearly 50 administrators from civilian hospitals in the counties of Alameda, Santa Clara, Contra Costa and San Joaquin recently heard Mr. Jim Doherty (at podium), Mr. Bob Muzzio, and Army Lieutenant Colonel Podge Reed of the office of the Assistant Secretary of Defense for Health Affairs explain a new plan known as the Civilian-Military Contingency Hospital System. Under the concept, large community hospitals would temporarily supplement treatment and bed space for combat casualties in any full-scale future war. Naval Regional Medical Center Oakland would be the coordinator and DoD representative for the large civilian hospitals of the East Bay. Following introduction of the plan, a panel composed of (l to r) Rear Admiral Walter M. Lonergan, NRMCO Commanding Officer, Captain Warren W. Hodge, NRMCO Regional Health Care Coordinator, Mr. Doherty and Colonel Reed, answered questions from the hospital administrators. (Other photos, page 6)

NRMCO to coordinate locally

DoD seeks agreement from civilian hospitals to help for short time in military emergency

Nearly 50 administrators of civilian hospitals within a 50-mile radius of Oakland met Feb. 27 at the Claremont Hotel in Berkeley with representatives of the Assistant Secretary of Defense for Health Affairs and Naval Regional Medical Center, Oakland, to discuss a new concept known as the Civilian-Military Contingency Hospital System. Basically, the national program seeks the voluntary assistance of large community hospitals to temporarily supplement the military's medical capability in the beginning stages of any full-scale future war.

The concept has been endorsed by the American Medical Association, the American Hospital Association, and the Joint Commission on Accreditation of Hospitals, and is being initially implemented in 13 geographical areas of the United States where military medical centers are located.

Defense planners have determined that the present combined capability of the military and Veterans Administration health systems would not be enough to care for the possible large number of casualties that might be returned to the United States if this

country ever became involved in any large conflict on foreign soil. They believe such a war could begin very rapidly and produce casualties at a higher rate than any previous combat because of the sophistication of new weapons systems.

Civilian hospitals of 150-bed size or larger in the counties of Alameda, Santa Clara, Contra Costa and San Joaquin have been asked to sign an agreement with the Defense Department, represented by Naval Regional Medical Center, Oakland, to voluntarily commit care for at least 50 casualties

each in event of a declared national emergency. Across the bay, Letterman Army Medical Center is coordinating the same program with similar hospitals in the counties of Marin, San Mateo and San Francisco.

The use of civilian facilities would be in effect for approximately six months from the declaration of the emergency, or until such time as the military medical support base could be expanded, a Department of Defense spokesman said. He added that it is not economically feasible for the military to build, equip and staff hospitals at full

wartime levels now in preparation for a war that may never come.

CU slashes auto loan rate

The loan rate on new vehicles has been sharply slashed by the Alameda Coast Guard Federal Credit Union—going downhill from an 18 percent annual percentage rate to 15 percent.

The lower rate is effective immediately on current model new autos, vans, trucks and campers.

The Credit Union's Board of Directors voted to lower the rate as quickly as economically feasible, following an

increase authorized by the National Credit Union Administration last Jan. 12. The new lower rate reflects the board's action.

The credit Union is loaning 80 percent of the total purchase price, with up to 48 months to repay.

Other attractive rates are available on used cars, boats, mobile homes, etc. Ask at any of the four offices of the credit union for details.

Annual meeting scheduled here

The 22nd Annual Meeting of the general membership of the Alameda Coast Guard Federal Credit Union will be held in the Officers' Club at Naval Regional Medical Center Oakland on March 26 at 3:30 p.m.

An important feature will be the election of officials to fill expired terms of members of the Board of Directors and Credit Committee.

Reports will be heard from the Manager, Board of Directors, Supervisory and Credit Committees on the operations and accomplishments over the past year.

Refreshments will be served and door prizes awarded.

EDITORIAL

(Editor's Note: The following article is furnished by American Forces Press Service, OASD (PA), for background information only.

Background On...

EL SALVADOR

Geography: With an area of 8,260 sq. mi., the Republic of El Salvador is located in Central America. It is bordered by Guatemala, Honduras, and Nicaragua, from which it is separated by the Gulf of Fonseca. The country faces the Pacific Ocean to the south. There are three distinct regions: a hot, narrow Pacific Coastal belt; a subtropical central region of valleys and plateaus; and a mountainous northern region.

People: Among an estimated 4.5 million citizens, 89 percent are Mestizo (mixed Indian and Spanish heritage), 10 percent are Indians, remainder Caucasian.

Religion: Largely Roman Catholic; increasing activity by Protestant groups. **Language:** Spanish. **Literacy rate:**

50 percent of persons over age 10. **Capital:** San Salvador (375,000); other major cities: Santa Ana (175,000), San Miguel (132,000).

Government: El Salvador's 1962 Constitution provided for a highly centralized, republican government with executive power vested in a President who is elected for a single 5-year term. In the elections of 1977, Gen. Carlos Humberto Romero won amid controversy. The opposition candidate went into exile in Costa Rica. In mid-October 1979, young military officers seized power and instituted a program of broad, sweeping social, economic, and political reforms. The country is currently in a state of crisis. The existing government is

under attack from extreme groups of both the left and the right. The present junta leadership includes military officers and representatives of civilian political parties.

Economy: Forty-seven percent of the labor force is engaged in agricultural endeavors, including coffee, cotton, livestock, and sugar. **Gross National Product:** \$1.8 billion (1975 est.). Exports include textiles, footwear, clothing, light industrial products. **Per Capita Income:** \$352. **Official Exchange Rate:** 2.5 colones = \$1.

Brief History: Prior to the arrival of the Spanish in 1524, the area was made up of two large Indian states with a civilization similar to the Aztecs. The Spaniards brought the area under control of the Captaincy

General of Guatemala where it remained until 1821. In that year El Salvador and the other Central American provinces of Spain declared their independence. A war with Mexico in 1823 was

of Central America, El Salvador became an independent Republic in 1838.

U.S.-El Salvador Relations: The present policy of the United States is to encourage



lost, but when Emperor Iturbide was driven from the Mexican throne, the new Mexican Congress voted to allow the Central American provinces to decide their own fate. After a brief association with the Federal Republic

and assist El Salvador to continue and increase its efforts to secure political stability founded on democratic institutions and to improve the living standards and general welfare of the Salvadoran people.

Detailers handle 'superhuman' workload

By HM1 Barbara Heep
Career Counselor

Recently, I was very fortunate to be given the opportunity to visit our detailers at Naval Military Personnel Command (NMPC) in Washington, D. C.

They are a group of volunteers who handle a superhuman workload that affects every one of us about every three years. The staff is comprised of 15 dedicated men and women (including administrative support) who make the assignments of about 27,000 members of the HM/DT ratings.

Enlisted detailers write orders based on information supplied from commanders, via the chain of command, to the Enlisted Personnel Management Center (EPMC) in New Orleans, La. This organization compiles requisitions for manpower that come to NMPC, where the assignments are made. The "fair-share" principle is applied when filling billets. Priority manning is assigned to certain ships and activities whose mission success is deemed vital to the highest national interests. There are three separate categories of priority manning and these billets are filled first and manned at 100 percent. All other activities are manned at a fair-share distribution of remaining

President-CNO-SECDEF committed to boosting respect of military

President Ronald Reagan and Secretary of Defense Caspar Weinberger, in meetings with the CNO, have voiced a firm commitment to boost the respect, honor and appreciation due the military services.

In a message to all personnel following his meetings with the President and Secretary of Defense, Admiral Hayward indicated there was a growing respect across the country for the Navy. "I believe we can accelerate that feeling by giving Americans a better chance of knowing who we are," he said.

The CNO said that wearing the uniform is a way for Navy people to share pride in their service and reinforce the President's goal to increase respect for the sea-going service.

Referring to the positive public reaction which resulted from the reintroduction of the bell-bottomed uniform, Admiral Hayward said Navy uniforms should be seen more frequently. He emphasized that he was not issuing a directive. Instead, he said, "let's make a point of wearing our uniform more frequently—on liberty, while traveling, and on many of those occasions where we have normally not thought of doing so."

assets.

Every two weeks new requisitions are received from EPMAC. The detailers match the billets ordered from EPMAC with members who will be reaching their primary rotation dates within four to five months. They use information provided by the constituents on Enlisted Duty Preference forms. Therefore, everyone should have a current duty preference on file. Also, be realistic and don't waste choices. Do not repeat the same location three times. Your detailer will do everything possible to meet your request. Use the remarks section of the form. You can give your detailer any information you wish and it will help if you have any special considerations. Make it as formal or informal as you like.

One of the problems detailers encounter is the number of dependents reflected on the Enlisted Assignment Document. This document has information about the constituent from his or her service record maintained at NMPC, and from the duty preference form. If you have not updated Page 2 of your Record of Emergency Data, there may be conflicting or inaccurate information. The funding for a move is based on the number of people being relocated. More money may have to be expended to accomplish transfer of a member whose record reflects two dependents when there are really five who will accompany that person. This not only creates extra paperwork, but makes bookkeeping difficult.

Make sure your social security number is correctly shown on any correspondence submitted to NMPC. (By the way, our detailers receive approximately 100 letters, messages and requests a day.)

Ten months before your primary rotation date, visit me or Chief Hospital Corpsman Britt Gladden to discuss your future assignment.

—And remember, your detailer is a person who cares about you and is anxious to help you enjoy your career in the Medical Department community.

Chaplain's Corner

The 'cornerstone' of peace

By Father S.D. Tambourin
LCDR, CHC, USN

Peace is a word or concept that evokes a gamut of emotions, ranging from awe to comfort and security. *Peace* is foremost in the thoughts of world leaders, politicians and clergy persons. *Peace*, in terms of military and political power is often beyond the comprehension of the average person.

Yet there is a type of inner peace which can and ought to be within each of us. It doesn't take much of a self-examination to realize how often we are divided by our thoughts, words, and at times, deeds towards ourselves and others.

Peace, according to one definition, is a state of tranquility or quiet. Every day we are confronted with the opposite—turmoil, disorder, tragedy—and many other forms of divisiveness.

So is personal peace really possible? Yes, a true personal peace is within the grasp of each one of us. However, to achieve peace a constant personal effort is required to eliminate anything that divides us within ourselves. This type of constant effort is on the one hand, a very tall order; yet on the other hand, a true personal tranquility is the cornerstone of a lasting peace for everyone in the world.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627

Anniversary Message from Surgeon General

Looking back over the history of the Navy Medical Corps, I take pride in the many contributions Navy Medical Officers have made in support of the Navy and Marine Corps. We have served, and served well, wherever the needs of the nation have sent the Navy or the Marine Corps in conflict and peace.

We have, over the last decade, significantly upgraded our specialized skills and improved our fixed medical treatment facilities. New challenges will always exist in today's resource constrained environment, but we must continue to persevere in order to accomplish our very unique and diverse mission. Each of you plays an integral role in this. I challenge all medical officers to reflect upon their contributions to operational readiness. A supportive attitude by medical officers will lend to supportive actions in providing care to those serving in operational assignments.

As we celebrate our anniversary, let us dedicate ourselves to yet another facet of professionalism—military professionalism—that element of pride and service and personal leadership which separates us from our civilian contemporaries and makes us naval medical officers serving the best navy in the world.

J. William Cox
Vice Admiral, MC, USN
Surgeon General

(Editor's Note: The Navy Medical Corps was 110 years old on March 3.)

Mechanical engineer sought

Applications are now being accepted for a mechanical engineer (GS-830-11) position at the Naval Regional Medical Center, Oakland Public Works Department. The salary range for this position is \$22,486 to \$29,236 per annum.

Qualifications requirements include successful completion of a full four-year professional engineering curriculum leading to a bachelors or higher degree in an accredited college or university.

The duties of this position include purchasing management, use and conservation of utilities, conducting field surveys to determine operating conditions of equipment, identifying consumption trends, conducting design reviews, reviewing maintenance programs, and projecting future utility consumption for the medical center and its branch clinics.

For further information on this position, interested applicants may contact Ms. Bertha Snively at (415) 639-2116.

Moffett Clinic lauded for care

Naval Regional Medical Center's Moffett Field Branch Clinic is in receipt of two recent messages of appreciation for professionalism.

Retired Senior Chief Aviation Structural Mechanic and Mrs. M. W. Helmerich wrote to express their appreciation to Commander Lawrence F. Raymond, officer in charge.

"This is to commend you and your people, especially T. Jones (CWO Jones of Urgent Care Clinic) and his staff," the letter read.

"We understand the complexities of trying to care for active duty plus retirees and dependents. But the only other place we have received such 'personal, special' care was at the Naval Hospital at Long Beach. Mr. Jones and his staff have made us feel as though we were the most important patients in the world. The rest of the people are outgoing in their attitudes, personal effort and helpfulness. Every-

one in the Navy always says, 'Well done and carry on.' To (us), you can dispense with that (phrase) because we feel that isn't adequate."

The same clinic was saluted in a message from the Adak, Alaska, Detachment of Naval Oceans Command. The message read: "The professionalism and dedication displayed by your personnel during the recent medical transfer of Aerographer's Mate Second Class K. Furr is truly appreciated. The late night coordination efforts of Senior Chief Aerographer's Mate Barstad, NOCD Moffett, and Senior Chief Hospital Corpsman B. Ackert, NRMCO Branch Clinic Moffett, ensured flight was met and patient was transported expeditiously to the Oakland medical facility for needed attention. Again let me express my deep appreciation to all concerned in this matter."

Dr. Paeth returns to speak on stress

Dr. Elizabeth Paeth, Director of Public Health Services for the City and County of San Francisco, will return to Naval Regional Medical Center Oakland on March 25 to address all interested personnel on "Stress and Its Effects on Individuals in Their Occupations."

Dr. Paeth's special interests are nutrition, longevity, heart disease and

exercise.

The presentation will be held in the Clinical Assembly at 10 a.m., March 25 and last approximately one hour.

She lectured here last year and has been invited back by popular demand. The talk is sponsored by the Regional Safety Office.

Uniform changes now in effect

Navy uniform changes are now in effect here and at all Navy installations under the area coordination of the Commander, Naval Base San Diego.

The new policy has numerous complex details as it applies to those working in patient care areas, etc., and was received too late to be spelled out in this edition of Oak Leaf.

Watch for in-depth story and photos in the next issue, and in the interim follow guidance published in the Plan of the Day.

More than 1,000 patients now in diabetes control program

The Diabetes Clinic Computer Program recently enrolled its 1,000th patient and as of this writing some 1,010 persons are monitored through the voluntary control system sponsored by the Clinical Investigation Center since February 1979.

Initial bloodwork and medical histories are obtained from all diabetic patients coming to the clinic. Two weeks later they are given a complete physical examination and a computer printout reflects the results of the medical history, laboratory tests and examination.

Follow-up appointments are normally made according to the following categories:

No. 1. These patients are on insulin, insulinopenic and need frequent care. They are seen by the nurse or corpsman every two months and by the physician every six months.

No. 2. These patients are on insulin and are insulin-resistant. They are seen by the nurse or corpsman every four months and the physician every eight months.

No. 3. These patients are on diet only. They are seen by the nurse or corpsman every four months and annually by the physician.

A foot examination is made at each follow-up visit and once every year new laboratory studies are made and progress reviewed on each patient.

NROTC entry age increased

The eligibility age for entry into the Naval Reserve Officers Corps (NROTC) Scholarship programs and the Broadened Opportunity for Officer Selection and Training (BOOST) program have been increased for those applicants with prior active duty service in the armed forces on a month for month basis.

The increased entry age for NROTC applicants is a maximum of 28 years of age on June 30 of the year in which one is deemed eligible for commission. Applicants for the 1981 NROTC Scholarship program who qualify for such an age waiver should forward the initial NROTC application with a request for an age waiver to: Commander, Navy Recruiting Command (Code 314), 4015 Wilson Blvd., Arlington, Va. 22203. In order for an applicant to be eligible for further consideration in the NROTC three or four year scholarship program, qualifying Scholastic Aptitude Test/American College Test (SAT/ACT) scores must be submitted to the Commander, Navy Recruiting Command. Qualifying test scores are as follows:

Navy Option:

SAT-950 composite (verbal and math); 520 math

ACT-42 composite (verbal and math); 24 math

Marine Corps Option

SAT-1000 composite (verbal and math)

ACT-45 composite (English and math)

All applicants for the NROTC Scholarship program should be counseled in regard to their financial status after enrolling in the program. Although an enrollee receives full tuition and other academically related fees, active duty entitlements are terminated upon discharge and appointment as a midshipman.

Since the BOOST program is designed to prepare selected enlisted members to compete for entrance into various officer commissioning programs, the entry age for BOOST has also been increased to a maximum of 23 years of age as of June 30, 1981. Boost applications should be forwarded to the Chief of Naval Education and Training (N-124), Naval Air Station, Pensacola, Fla. 32508.

Two-year NROTC deadline nears

If you have two years of college and are interested in completing your college degree and receiving a Navy commission, then the two-year NROTC scholarship program may be for you.

Candidates receive tuition, textbooks, instructional fees and \$100 per month subsistence allowance during their junior and senior years of college. Graduates receive appointments in the regular Navy as ensigns.

Applications must be received by the Navy Recruiting Command, no later than April 1, 1981. Interested personnel can obtain assistance from the Oak Knoll career counselor team.

Capt. Gomes speaks at EBMRA meeting

Captain Alma M. Gomes, Regional Nurse Coordinator, spoke on "A Humanistic Approach to Management" in a Feb. 25 meeting of the East Bay Medical Record Association here.

Attendees were members of the American Medical Record Association, a professional organization licensed by the Joint Commission on Accreditation of Hospitals. The group is comprised of medical record administrators and technicians from local civilian and government hospitals and the medical community.

Following the speaker's presentation in the Clinical Assembly, a brief business discussion was held. The members then adjourned to the Officers' Club for dinner and a social get-together.

Mrs. Karoline Gunter, NRMCO Medical Record Librarian, was in charge of arrangements.



CAPT Alma Gomes



LOOKING SHARP—Housekeeping Service personnel recently began to wear attractive, protective clothing. In these photos, Mary Johnson models a pale blue two-piece pantsuit while Ray McGrath shows off a royal blue jumper with red and white stripes.

Red Cross plans for 100th birthday

With the American Red Cross marking its Centennial this year, the Oakland South Alameda County Chapter is joining in the observance with a medley of events. They range from a chili cookoff in Livermore to a planned golf tourney, a health fair and a Centennial Raffle.

There will be at least 14 events and eye-catching promotions, Dale Roe, Chapter Manager said, although he warned that in some cases, dates are still tentative.

National theme for the observance is "American Red Cross: Ready for a New Century."

The Centennial Raffle, Roe said, will be held this summer and such prizes as a trip for two to Hawaii and a color TV set have been tentatively arranged.

The chili cookoff will probably be held either in July or August. The golf tourney is being planned jointly by the Oakland-South Alameda County and Diablo Chapters. The Centennial Health Fair will probably be held in April in the Washington Township area.

Handsome Red Cross Centennial calendars showcasing the poster work of distinguished American artists dating back to World War I are available.

Roe forecasts they will become collectibles. Along the same lines, the chapter is publishing its first official history, which dates back to the Spanish-American War. A Centennial newsletter will also be distributed. Postage cancellation dies will carry the Red Cross messages on thousands of letters.

In addition to the calendar reproductions of Red Cross poster art, the chapter will produce its own Centennial poster in 9 x 12-inch format.

All during March, Roe reminded, the chapter will conduct its Centennial mail fund solicitation. "In times of economic stress, the need for Red Cross contributions is urgent," the chapter manager said. "Dollars are still needed when disaster strikes."

There will be a Red Cross Centennial Banquet in May and a Centennial luncheon event in Fremont, probably in June or July.

Washington Township also plans a student volunteer program to extend from March to August and a Centennial volunteer recognition party for November.

More to 'housekeeping' than most persons realize

In addition to the routine daily cleanup of the hospital and outlying buildings, the Housekeeping Services Branch of Operating Management Service is responsible for the operation of the linen distribution program at the center, Naval Hospital Lemoore, 12 branch clinics and the clinics of the Naval Regional Dental Center.

Personnel of the Housekeeping Services Branch also ensure carpet installation, furniture repair and refurbishment, dry-cleaning, decorative plant care and other habitability services are initiated and then performed by various contractors to meet the standards of Naval Regional Medical Center Oakland.

"These functions go well beyond routine 'housekeeping' and contribute to the environment in which quality health care is provided," said Lieutenant (junior grade) Bob Burg, Assistant

Chief, Operating Management Service. "Our housekeeping employees provide an essential hospital function," he declared.

How to get help on that cleanup

If a spill or otherwise unusual emergency situation requiring the services of Housekeeping personnel should occur during normal working hours, first contact the Housekeeping Service Office at Ext. 2204.

Housekeeping team leaders are also available to assist. They are: Mrs. Lorene Cooper, Pager No. 171, Floors 7 through 9; Mrs. Rosie Bridgett, Pager No. 172, Floors 4 through 6; Mr. David Lankford, Pager No. 170, Floors 1 through 3 and outlying buildings.

Administrative discharges accelerated

In order to facilitate actions recommended by fleet commanding officers, the Naval Military Personnel Command (NMPC) has initiated new procedures which allow for enlisted administrative discharges within five working days.

The new directive, COMNAVMPERSCOMINST 1910.1, is described in NAVOP 13/81. The message procedures are designed to achieve a five working day turnaround between submission to NMPC and release of a decision message back to the fleet command. This program was specifically designed to backup our fleet commanding officers in administratively separating those personnel who no longer qualify for naval service.

Questions on the following discharge categories may be referred to: Autovon 224-8222 (involuntary separations for unsuitability, misconduct and convenience of the government), 224-1285 (separations by reason of convenience of the government), and 224-1412 (medical separations).

Increased defense budget pledged

Senator John R. Tower (R-Tex), Chairman of the Senate Armed Services Committee, and Representative Bill Nelson (D-Fla.), a member of the House Budget Committee, visited USS RANGER (CV-61) on Feb. 16 in the Arabian Sea. RANGER is presently operating with the Seventh Fleet as part of the Indian Ocean Battle Force.

Both legislators had strong praise for RANGER'S crew and the 20,000 men of the battle force. Senator Tower said, "RANGER'S presence in the Indian Ocean is a demonstration of the resolve of the American people to defend our interests, and we hope to demonstrate our resolve in another way when we increase the defense budget in Fiscal Year '82." He also told RANGER'S crew that last year's improvement in military pay and other compensation "was just the first installment. We need to make up for the years of neglect of military personnel." He added that he considers the Navy "America's first line of defense, and we need to improve its strengths and capabilities."

In addition to echoing Senator Tower's sentiments on the need for a capable Navy, Representative Nelson said, "the crew of RANGER and all the Navy men in the Indian Ocean have the gratitude and respect of the American people. I'm just impressed, especially with this ship. I congratulate you."

Both men are traveling extensively in the region, reviewing national defense affairs and meeting with representatives of foreign governments for discussions on matters of regional security and the United States role in the Indian Ocean.

The Congressmen were briefed during their visit by Rear Admiral Robert E. Kirksey, Battle Force Commander currently embarked in RANGER on Navy operations in the Indian Ocean. During the visit they observed flight operations and held a question-and-answer session with Chief Petty Officers. The Congressmen concluded with a television interview hosted by Admiral Kirksey and RANGER'S Commanding Officer, Captain Dan Pederson.

RANGER is the eighth aircraft carrier to operate in the Indian Ocean since the battle force was formed in October 1979. Since that time the United States has continuously maintained about 25 ships and 20,000 men in the area.

Chemist needed at shipyard clinic

Eligible employees, reinstatement eligibles and applicants within reach on the appropriate register may submit applications through April 12, 1981 for the position of Chemist at the Mare Island Naval Shipyard-branch clinic.

Depending upon professional experience and education of the person selected, the job will be graded anywhere from GS-5 to GS-11.

Those interested in further information are invited to call Bertha K. Snively, Civilian Personnel Service at Oak Knoll, telephone (415) 639-2116.



The following new additions to the medical/dental "family" have arrived at Oak Knoll:

A baby girl to Chief Hospital Corpsman Eddie Johnson, USS TAMARA (LHA 1) and his wife Newita, Feb. 24.

A baby girl to Lieutenant (junior grade) Arthur A. Fox, Comptroller's Office, and his wife Soo Kyong, Feb. 24.

A baby boy to Hospital Corpsman Third Class Oral S. Cephas, USS CORAL SEA (CV 43) and his wife Sandra, March 3.

Clerk-steno needed at TI branch clinic

The branch clinic at Treasure Island is in need of a Clerk-Stenographer, GS-5, with pay at the special rate of \$13,084 to \$16,765. Applications will be accepted by the local Civilian Personnel office through Monday, March 16.

The person selected will type psychiatric case histories and departmental correspondence from draft, dictation and transcription; prepare reports;

schedule appointments; instruct patients; receive and screen telephone calls; order supplies; maintain psychiatric evaluation reports and patient logs; indoctrinate new doctors on clinic procedures; receive visitors; interview patients and assist in completing psychiatric questionnaires.

Detailed information concerning this announcement may be obtained by calling 639-2116.

People make news ---

Kudos.

BOARD CERTIFIED IN PEDIATRICS

Lieutenant Commanders Tom Rorick, Kaye Fichman and Rick Fulroth.

STATE CERTIFIED

Hospital Corpsman Second Class Nicanor T. Andaya has passed the examination and been certified by the State of California as a radiologic technologist.

NAVY COMMENDATION MEDAL

Navy Medical Corps Commander Blaine Hibbard, Sr., for duty at NRMC Branch Hospital, Twentynine Palms

LETTER OF COMMENDATION

Hospitalman Per Allen Schenk, Internal Medicine Service.

ADVANCEMENTS

To Hospital Corpsman Third Class: Kenneth Jackson, Zachery Neff and Robert Preston.

REENLISTMENTS

Machinist Mate First Class Kevin Garber, Security, Operating Management.

LETTERS OF APPRECIATION

Lieutenant Karen Massnick, formerly of Nursing Service.

Hospital Corpsman Third Class Marylyn Williams, Pediatric Clinic.

GOOD CONDUCT AWARD

Hospital Corpsman Third Class Kevin Whideman, Security, Operating Management.

LENGTH OF SERVICE AWARDS

35 years

Charlie Rhymes, Transportation, Operating Management Service.

30 years

Guy Starks, Food Service

25 years

Marion Mooney, Psychiatry Service
Barbara Budesilich, Telephone Office, Operating Management Service
Santos Marin, Laundry, Operating Management Service

Prudence Vukman, Outpatient Service

20 years

Kay Wheatley, Psychiatry Service
Weldon Miles, Equal Employment Opportunity Office

Reba Carruthers, Nursery/Nursing Service

15 years

Hazel Brown, Patient Affairs Service
Mary Smith, Equal Employment Opportunity Office

Irene Stevens, Naval Supply Center Branch Clinic

Helen Rutz, Anesthesiology Service
Lillie Smith, Nursing Service

Kristine Clemens, Graduate Training Office

X-ray instructor is sailor of Month

Hospital Corpsman First Class Faustino S. Gallego, now on a second tour of duty at Naval Regional Medical Center Oakland as an instructor in the Basic X-ray Technician School, has been named Oak Knoll's Sailor of the Month (for February).

Petty Officer Gallego, now on temporary assignment as a student in an instructor's school at San Diego, will return to his normal duties here on March 23.

The X-ray Technician and ultrasound specialist has 15 years' service in the Navy. He served aboard the USS HERMITAGE (LSD-34) for two years, then completed Hospital Corps School at Great Lakes and X-ray School at Chelsea Naval Hospital. From 1970 to 1973 he was assigned to Naval Station Boston, then back to sea aboard the USS PAUL REVERE (LPA-248). His first tour at Oak Knoll began in July 1975 and lasted four years in Radiology Service. After a one-year service with the 3rd FSSG on Okinawa, he returned to Oakland to become an instructor last August.

Petty Officer Gallego is a career man and hopes to complete a college degree and make E-7 before retiring. He is only six semester units short to a bachelor of science degree in health care under the Southern Illinois University program.

"I'm greatly honored and thankful for those who nominated me for Sailor of the Month," he told this reporter.

The son of Mr. and Mrs. Cirilo V. Gallego of Milpitas is married and makes his home in Vallejo with wife Rebecca and sons Ronald and Frederick.



HM1 F.S. Gallego

He enjoys racquetball, jogging, listening to stereo music and "playing with my children."

Pack reviews achievements

Cub Scouts Pack 428 held its second annual Blue and Gold Dinner here in the main hospital dining room the evening of Feb. 26, to review accomplishments over the past year. More than 40 were in attendance.

The year-old Oak Knoll pack now has six registered Cub Scouts and five Beavers, who are boys too young to qualify as cubs but locally involved in activities to prepare them for scouting.

On Feb. 14, at the culmination of Boy Scouts Week, local pack members took honors in an open house at the Eastmont Mall in competition with scouts from about 12 other packs.

The youngsters, with the help from their families, built racing cars and then entered them in a district-wide meet known as the Pinewood Derby. The Oak Knoll scouts took first in three divisions. Aaron Evans won in the race of 8-year-olds; "Bo" Fawcett, 9-year-olds, and Eddie Panas in the Webelos division.

Brian Adams and Eddie Panas won further awards for the best paint jobs on their vehicles and Jim Keck's was decided the most original.



SWEET MISSION—Eddie Panas (left) and Joey Smyth cut the cake to celebrate Cub Pack 428's first anniversary with the help of Lieutenant Commander Earl Martin, scoutmaster. Eddie is the oldest Cub in the pack and Joey the youngest Beaver.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Nurse Corps Lieutenant Karen Massnick, transferred to Yokosuka.

Nurse Corps Lieutenant Mary Ellen Winton, released from active duty.

Nurse Corps Lieutenant Christoph Weigt, to Naval Regional Medical Center, Great Lakes, Ill.

Hospital Corpsman Second Class Jonathan Ketcham, formerly of Military Manpower Service, honorably discharged, to Vermont.

Hospital Corpsman Third Class Catherine A. Moss, formerly of

Neurosurgery, transferred to Guam.

Hospital Corpsman Third Class Lisa G. Smith, formerly of Personnel Support Detachment, to USS SAMUEL GOMPERS.

"Welcome aboard" to newly arrived:

Lieutenant (junior grade) Mary Brown, Chaplain Corps, Pastoral Care Service.

Ensign Robert Hamilton, Clinical Clerk.

Chief Hospital Corpsman Dom Datu, Preventive Medicine Service.

Captain Clinton Furuya, Medical Corps, ENT, ACDUTRA.

Vocational nurses to hold reunion

The Hayward-Fairmont Alumni Association invites vocational nurse graduates to attend the annual "dutch treat" dinner and class reunion to be held May 2 at Denny's Restaurant, 15015 Freedom Ave., San Leandro.

Registration will begin at 6 p.m. with

dinner to follow at 7:15 p.m.

Annual dues to the association remain \$1.

For further information, contact Ms. Zudy Brier, President, 276-8651, or Ms. Doris Griffin, Secretary/Treasurer, 351-3556.

Otologist visits

Dr. James Crabtree, Otologist from the University of Southern California, visited Naval Regional Medical Center Oakland on Feb. 26-27.

He assisted in surgery on Feb. 27 and in the evening spoke to those attending a dinner meeting in the Officers' Club on "Congenital Ear Disease."

Game night at club

The Naval Regional Medical Center Officers' Auxiliary is sponsoring "Casino Night" at the Officers Club tomorrow evening.

An Italian buffet, with lasagne, spaghetti, chicken cacciatore, salads, soup, bread and dessert will be featured as well as games.

Tickets are \$7.50 each and will be sold at the door.

Activities begin at 7:30 p.m.

More views of CMCHS meeting



Rear Admiral Walter M. Lonergan (r), NRMCO Commanding Officer, discusses the Civilian-Military Contingency Hospital System with physicians and administrators representing Fairmont and other area hospitals.

(Story, Page 1)



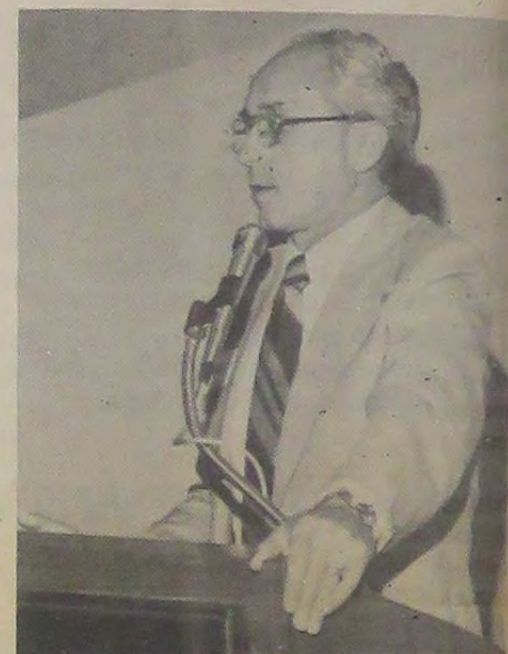
Army Lieutenant Colonel Podge Reed of the Office of the Assistant Secretary of Defense for Health Affairs explains his role to NRMCO officers Lieutenant Commander Lanny Rinard and Lieutenant Pat Shannon. Looking on in the background is Captain Warren W. Hodge.



Melvin J. Britton of the Santa Clara County Medical Society passes a business card to Captain Hodge.



Dental Corps Commander F. W. Schubert, representing Reserve Readiness Command 20, chats with Tom and Jamie Broderick of Eden Hospital during a coffee break.



Mr. Robert Muzzio of the DoD team explains details of the CMCHS project to the audience.

Steady 'fast food' diet likely to put on extra pounds

By Arran Rogers,
Student Dietician from U. C. Berkeley
(Assigned to Food Services)

This article does not condemn fast food restaurants like McDonald's and Taco Bell, for they appear to fulfill a need in our society. Often there are times when a quick meal is a necessity, and these establishments meet that need. The food they serve is also enjoyed by many people, and poses no problem if eaten on an occasional basis. The main problem associated with fast foods is an overabundance of calories which can contribute to, (or even cause) obesity when frequently consumed.

These foods are normally high in fat and calories; in fact, a typical meal supplies the average adult with more than half of the calories required for one day. If two other meals (of non-fast foods) are eaten as well, this can result in an excess of calories for that day. The body uses the calories in food to maintain normal functions and perform physical activity. When more calories are consumed than are needed, they are stored as fat for future use. An intake of 3,500 stored calories results in one pound of weight gain. While such a gain does not usually occur at one sitting, an accumulation of stored calories (10 here, 100 there) will eventually result in excessive weight gain.

One out of every four Americans is overweight. This trend towards bulging waistlines is predominantly due to our tendency to over-eat (mostly fats, meat and sweets) and under-exercise. The way to effectively combat this problem is to be sensible about the types and amounts of food we eat and to increase the amount of exercise we get. The following tables are present to serve as a guide to food selection and identify examples of excess calories.

Calorie Content of Some Fast Foods (All are for single servings)

Food	Calories		
Arby's		Junior Roast Beef	220
Sandwiches:		Roast Beef	350
Beef and Cheese	450	Super Roast Beef	620
Club	560	Swiss King	660
Ham and Cheese	380	Turkey Deluxe	510
		Turkey	410

Baskin-Robbins

All Flavors:

One Scoop + Sugar Cone 133-148

Burger King			
Cheeseburger	310	Vanilla Shake	332
French Fries (small)	200	Whaler	486
Hamburger	240	Whopper w/cheese	760
Hot Dog	290	Whopper Junior	300
Onion Rings (small)	150		

Kentucky Fried Chicken			
Dinners:		3-Piece	950
(Fried Chicken, Mashed		Separate:	
Potato,		1 Wing	151
Gravy, Coleslaw, Roll)		1 Drum	136
Original Recipe:		1 Keel	283
2-Piece	595	1 Rib	241
3-Piece	830	1 Thigh	276
Extra Crispy		Coleslaw	122
2-Piece	665	Mashed Potato + Gravy	65

McDonald's			
Apple Pie	300	Hot Cakes w/butter	272
Big Mac	540	Muffin w/butter	190
Cheeseburger	300	Pork Sausage	180
Egg McMuffin	350	Quarter Pounder	420
Filet-O-Fish	400	with cheese	520
French Fries (small)	210	Scrambled Eggs	160
Hamburger	260	Shakes, Chocolate	320

Taco Bell			
Bean Burrito	343	Combination Burrito	404
Beef Burrito	466	Pintos and Cheese	168
Beefy Tostada	291	Taco	186
Burrito Supreme	457	Tostada	179

(Continued to Page 7)

Friday, March 13, 1981



RECUPERATIVE THERAPY—Linda Harms (left) and Sheri Szeles, Mills College Child Life program interns, help Pediatric Ward patient Leonard Brown complete a construction project.

Needs of hospitalized kids met in Child Life program

March 9-15 has been proclaimed International Children and Hospitals Week. Sponsored by the Association for the Care of Children's Health, events will focus on the unique needs of hospitalized children and their families. Four and a half million children are hospitalized each year in the United States. Parents, teachers, and health care professionals are working to meet those special needs through programs such as Child Life.

Naval Regional Medical Center Oakland serves a wide population of pediatric patients. Children have a variety of illnesses, ages, origins, and cultural backgrounds. What they have in common is their hospitalization. In conjunction with Mills College, the pediatric staff here is striving to make hospitalization a positive growth experience for children, adolescents, and their families. The Child Life program stresses supervised play, peer interaction, preparation for medical procedures, and self-expression. In addition, military families have specialized needs, such as long commutes and single parent households.

Hospitalization can be a frightening and unpleasant experience for children of all ages. Imagine being a young child in the hospital for the first time. Many new faces approach you upon admission, people are poking at your body, the bed is a strange mechanical contraption, food is served on a tray, nurses wake you up at all hours of the night, everyone wears the same pajamas, you hurt—and you miss your Mom and Dad. A hospital can never be the same as home, but the Child Life workers attempt to minimize the stress by making the environment more familiar. The playroom acts as a retreat where children can play with toys, call home, or listen to records. It is a "safe" place; no medical procedures are performed here, yet doctors, nurses, and corpsmen are encouraged to come and watch their patients or join them in play. Here, children and adolescents express their fears, fantasies and concerns about the hospital. They are encouraged to talk about their feelings and are reassured that it's all right to cry or be angry.

One main focus of Child Life is play, a method of communication and learning for children. Children play out their medical experiences by using real doctor equipment and dolls or puppets. The two-year-old puts band-aids all over his teddy-bear while the five-year-old in traction makes a "traction-bed" for his puppet. Children usually repeat these experiences over and over until they have an understanding of what has happened or what will happen to them. Older children and adolescents can work through their experiences in ways other than play. A 17-year-old with pneumonia writes a book report on lungs. The 12-year-old describes her appendectomy in detail to her roommate.

Preparation is another aspect of Child Life. Children have less anxiety and fewer misconceptions if they know what will happen, when, and how it will feel. This includes providing accurate information by the medical staff, developing trusting relationships, and allowing the patient to ask questions. The staff conveys reality to the child. They discuss pain and discomfort, as well as recovery. Parents are also encouraged to help prepare their children. Books, medical materials, discussions, diagrams, and puppets are used for preparing children. In addition, the Red Cross offers pre-admission tours for children and their families.

School is another familiar part of a child's life. For the hospitalized child, schoolwork helps provide a sense of normalcy. By continuing with assignments, the transition from hospital to school is eased. At this medical center patients are encouraged to bring assignments from their own classes. For long-term patients, instruction is available through the Oakland Unified School District.

Child life is a growing field. Its advocates come from a variety of backgrounds, although most have an understanding of child development and education. Nevertheless, the goal is the same, to improve the health care of children. Steps are being made to humanize children's health care all over the nation, including Naval Regional Medical Center Oakland.



CREATIVE ENDEAVOR—Linda encourages patient Christine Bielawski to express her feelings through art.



ONE WAY TO PASS TIME—Sheri joins patient Dana Stevenson in a game of backgammon.

'Fast foods' — (Continued from page 6)

Pizza Hut

½ of a 13-inch Cheese Pizza:		Beef	490
Thin Crust:	850	Cheese	450
Thick Crust:	900	Pepperoni	430
½ of a 15-inch Cheese Pizza:		Pork	520
Thin Crust	1,150	Supreme	510
Thick Crust	1,200	All are thin crust; add 100 calories for thick crust.	
½ of a 10-inch Pizza (3 pieces)			

Wendy's

Cheeseburger:		Single	440
Single	520	Double	630
Triple	940	Triple	780
Chili	250	* Sodas (Coke, Root Beer, etc.)	144-167 for 12 ounces
Hamburger:			

It is also advisable, if one has a tendency to gain weight, to follow these suggestions:

- Select "regular" sized items instead of "Supremes" and "Doubles."
- Have plain hamburgers instead of cheeseburgers.
- Try to avoid deep fried foods.
- Select coffee, tea, or "diet" sodas instead of shakes and sugared sodas.
- Try having low-fat, lower calorie foods at other meals on those days when you eat fast foods to balance out the calories.
- If they will modify orders, ask them to leave off the mayonnaise or "secret" sauce and use mustard or catsup instead.

The high-risk infant symposium subject for multidisciplinary health team

A weekend symposium on "Helping the High-Risk Infant: A Multidisciplinary Approach," will be held March 21-22 at the Jack Tar Hotel in San Francisco.

The program will feature outstanding clinicians and investigators who specialize in working with high-risk

infants and their families. Symposium chairman is William H. Tooley, MD, professor of pediatrics at UC-San Francisco, who will deliver the keynote address.

Discussion will focus on current high-risk infant programs, the status of

relevant federal legislation, methods of evaluation, political and ethical implications for the infant at risk, and followup studies on the intellectual development of high-risk infants into childhood.

The program is oriented towards members of the multidisciplinary health

care team—physicians, nurses, social workers, teachers, physical and occupational therapists and others—who are involved in treatment and intervention approaches for high-risk infants and their families.

MOVIES

Friday, Mar. 13, 6:30 p.m.—**GAME OF DEATH**—Bruce Lee, Gig Young—Drama/R

Saturday, Mar. 14, 1 p.m.—**THE MUPPET MOVIE**—Bob Hope, Paul Williams—Comedy/G

Saturday, Mar. 14, 2:40 p.m.—**BENJI**—Benji, Peter Breck—Adventure/G

Sunday, Mar. 15, 6:30 p.m.—**THE LAST WAVE**—Richard Chamberlain, Gulpilil—Mystery Adventure/PG

Monday, Mar. 16, 6:30 p.m.—**THE MAIN EVENT**—Barbara Streisand, Ryan O'Neal—Comedy-Drama/PG

Tuesday, Mar. 17, 6:30 p.m.—**NINE TO FIVE**—Jane Fonda, Lily Tomlin, Dolly Parton—Comedy/PG

Wednesday, Mar. 18, 6:30 p.m.—**STIR CRAZY**—Gene Wilder, Richard Pryor—Comedy/R

Thursday, Mar. 19, 6:30 p.m.—**OIL**—Stuart Whitman, Ray Milland—Action/R

Friday, Mar. 20, 6:30 p.m.—**BLOODLINE**—Audrey Hepburn, Ben Gazzara—Drama/R

Saturday, Mar. 21, 1 p.m.—**HERBIE GOES TO MONTE CARLO**—Dean Jones, Don Knotts—Comedy/G

Saturday, Mar. 21, 2:40 p.m.—**101 DALMATIANS**—Animated—Action-Comedy/G

Sunday, Mar. 22, 6:30 p.m.—**THE LATE GREAT PLANET EARTH**—Orson Welles, Howard Whalen—Science Fiction/PG

Monday, Mar. 23, 6:30 p.m.—**BEYOND THE POSEIDON ADVENTURE**—Michael Caine, Sally Fields—Action-Adventure/PG

Tuesday, Mar. 24, 6:30 p.m.—**GLORIA**—Gena Rowlands, Buck Henry—Drama/R

Wednesday, Mar. 25, 6:30 p.m.—**THE IDOLMAKER**—Ray Sharkey, Tovah Feldshuh—Musical Drama/R

Thursday, Mar. 26, 6:30 p.m.—**CITY ON FIRE**—Barry Newman, Susan Clark—Action-Drama/R

Housekeepers 'clean up' docs in post-season basketball game

A basketball challenge was issued Feb. 23 by the Operating Management Housekeeping Branch to the newly-crowned Medicine team, intramural basketball champions. The undefeated Medicine players easily dominated the intramural play and readily agreed to an exhibition game with the housekeeping gang.

However, the Bob Burg-coached housekeepers came from behind to gain an exciting 69-58 overtime win!

With 1:30 remaining in regulation play, Medicine's Mary Griglak sank a breakaway layup which gave the Medicine team a seemingly insurmountable five-point lead. Lloyd Broussard of Housekeeping team took command, however, and scored five points in the

remaining regulation time to force a five-minute overtime period.

The extra period was anticlimactic as Medicine suffered four turnovers and lost the services of Les Smith, who fouled out with four minutes remaining in overtime play. The Housekeeping team's pressure defense and clutch foul shooting won the difference in extra play.

Top player of the game was Broussard who, in addition to pulling down 22 rebounds, scored a game high 42 points. He was backed up by fine play from Edward Carter and David Eaton.

The Medicine team was paced by Les Smith who scored 16 points.



'SAM VAN' VISIT—The "Sam Van," a 24-foot mini-bus converted into a mobile resource classroom made its first visit to Oak Knoll on March 2. It was loaded with toys and materials for loan to the local Child Care Center. Here Ms. Jeanette Couch (nearest to rear window) of the center goes over a list of resource materials with child development consultants Margaret (center) and Neel Stallings. The mobile classroom is sponsored by the Joint Services Child Care Project headquartered at the Presidio of San Francisco. It is funded by the United Way and a grant from the Department of Health and Human Services.



LEARNING THROUGH MUSIC—Neel Stallings shows a few of the tikes at the Oak Knoll day care center how they can make music. The children are (l to r): Marla Martinez, Jesse Wright, Stephanie Chalmers, Melinda Hendrix and Joshua Kallen.

Oak Knoll second in volleyball league

Oak Knoll's varsity men's volleyball team finished with a strong seven win, one-loss performance on Feb. 28 to finish second behind Alameda in the Central Pacific Regional Men's Volleyball League. Oak Knoll's final record was 13-15 compared to Alameda's 18-10.

The team started slowly, improved remarkably, and on the final Saturday of league play performed brilliantly,

including a three games to one triumph over Alameda.

Hopefully, this momentum carried over into the Central Pacific Regional Championship Tournament March 7-8 at Naval Air Station Alameda. Moffett Field's strong, able team was an overwhelming favorite to finish first, so Oak Knoll had to surpass Alameda to capture a second place trophy.

Shoreline park open to walkers

In the 10 months since a dike was breached to turn old salt ponds into a life-giving marsh, thousands of birds and a variety of plant and animal life—even a harbor seal—have found haven at Hayward Regional Shoreline.

And now the gates to this unique park, isolated though urban, are being opened to nature watchers and walkers.

"It is a very exciting place," is the way Dr. Howard Cogswell describes it. "On a February count there were 8,000 birds in the new park. Invertebrates have returned to the area. There are all kinds of fish—and of course, shoreline plant life.

"What was a wasteland last year is now a fine, productive tidal lagoon. Nature is doing a good job of reestablishing itself where it has not been for more than 100 years."

Dr. Cogswell, who is both a director of the East Bay Regional Park District and a professor of biological science of California State University, Hayward, has devoted his adult energies to bringing about the restoration. Now he is a member of the scientific team from his university and its sister institution, San

Francisco State University, which is monitoring the return of life to 220-acres along the shore at the foot of West Winton Avenue.

The marsh area of Hayward Regional Shoreline is relatively non-developed. There is a parking lot for some 25 cars and it is open from 8 a.m. to 4 p.m. daily. Hikers and watchers are free to park outside and walk in, if they prefer. They are asked to leave their dogs and guns at home.

Although a bit muddy at times (galoshes and rubber boots are recommended), there is a trail from the parking lot. After three-fourths of a mile it leads across the bridge over the main lagoon. Beyond this is a loop of one and one-half miles which takes visitors to the outer bayshore, where slapping waves and whistling winds are often the only sounds, and back between several islands in the lagoon.

Dr. Cogswell recommends that the best time to see the maximum number of birds is two to three hours after (or before) the higher high tide of the day (Reprinted with permission from *The East Bay Log*.)



Income below \$10,000 this year?

You may be entitled to the Earned Income Credit. Learn more from free IRS Publication 596 available by using the handy order form in your tax package.

NAVY EXCHANGE AUTO CENTER
NRMC OAKLAND, CA

'FILL-ER-UP'—This is an artist's conception of how the new Navy Exchange Automotive Center will appear when completed. The ground was broken earlier

this month for this \$382,079 building, which has an estimated completion date of October 1981.

(Photo courtesy of NEWS DIGEST Navy Resale System)

New auto center, remodeled cafeteria coming soon

Construction began earlier this month for Naval Regional Medical Center, Oakland's new Navy Exchange Automotive Center.

The new auto center will be located next to building 75A, directly behind the Security Office and Civilian Personnel Service.

Easier access and prompt service are the main objectives of this new center. It will include a four-lane fuel island, or double the fuel pumps now in service at the present gas station location.

The new center will feature new ser-

vices to its patrons, including expanded automotive repairs as well as an automotive accessory and parts sales area.

The \$382,079 building is anticipated to be in service to customers in the October-November timeframe.

A decision has not yet been made on use of the old service station building, once the new location is in service.

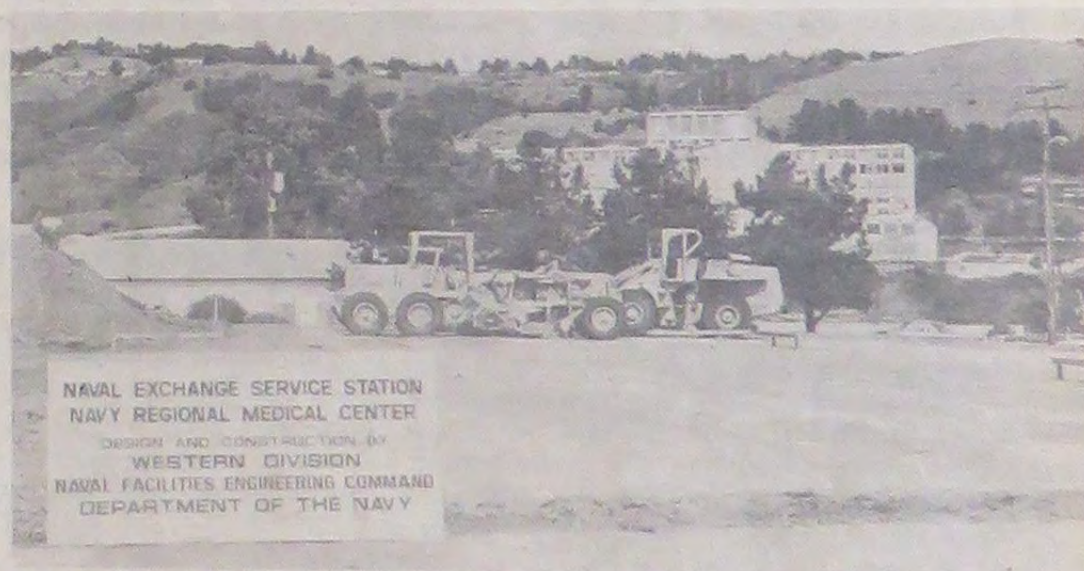
Snack Bar Improvement

The Navy Exchange System is also planning renovations to the cafeteria located on the third floor of the main hospital complex.

Although these plans are termed "tentative," we were able to obtain a basic layout illustration of the coming renovations.

It is unclear at this point whether the cafeteria will be shut down completely during renovations or will operate

(Continued to page 3)



COMING ATTRACTION—The new Navy Exchange Automotive Center will be erected on this site, where construction is now underway. The location will be next to Building 75A, directly behind the Security Office and Civilian Personnel Service.

Elevators soon under repair

Beginning in early April and throughout the remainder of 1981, an extensive renovation to the central freight and passenger elevators will be underway in the main hospital, Bldg. 500.

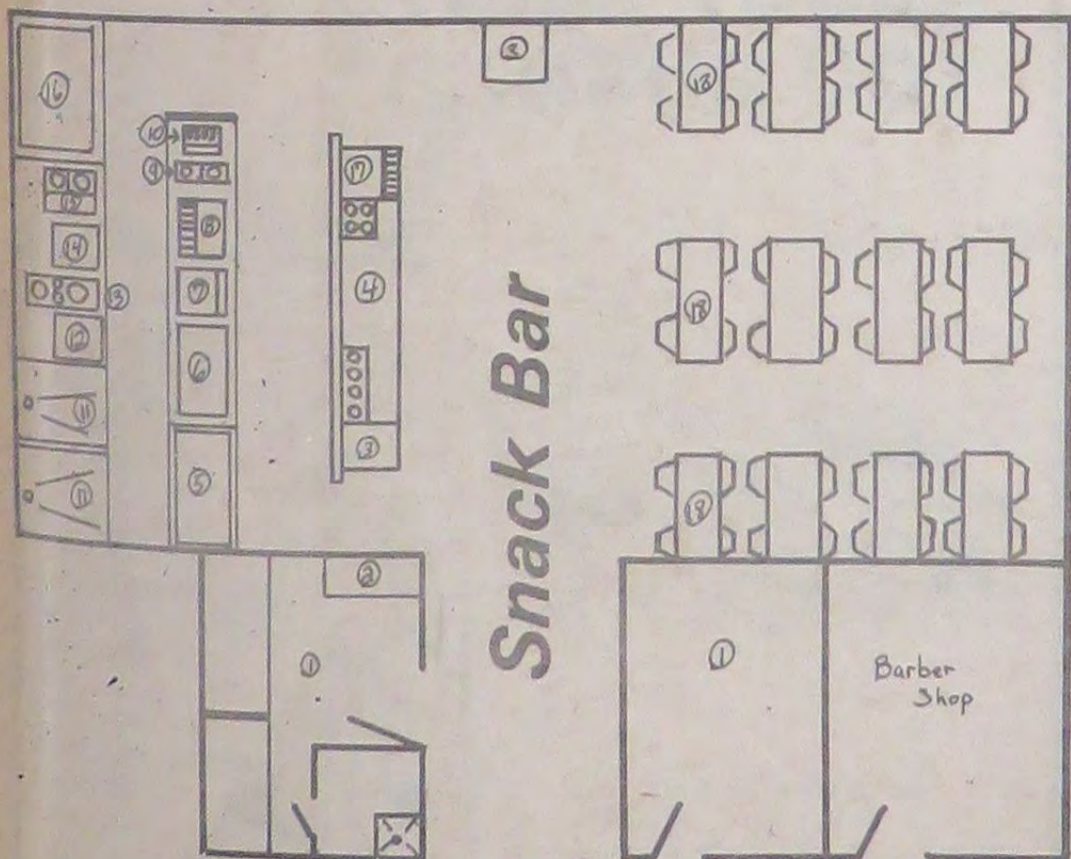
Lieutenant Commander Barney Rabold, Public Works Officer, said repairs and modifications will be made to the automatic control system, as well as other work to reduce maintenance costs and bring the lifts to current standards. The renovation is a \$571,000 project and is tentatively scheduled to begin April 6.

At first, one elevator will be out of service, with a second shut down within the following two weeks.

Thereafter, throughout the rest of the year, one each passenger and freight elevator, normally operating between the first and ninth floors, will be out of service for repair on a rotating basis.

"It will undoubtedly cause some personal inconvenience," Commander Rabold said, "but unfortunately, temporary inconvenience is almost always necessary when major improvements are made."

If personnel are physically able, they are requested to walk up one or two flights, or down two or three, while the elevators are under repair. Otherwise, there may be a longer-than-usual wait, officials pointed out.



- (1) Store-room; (2) Ice machine; (3) Trash receptacle; (4) Condiment stand; (5) Refrigerated display case; (6) Service stand; (7) Ice dispenser; (8) Soda dispenser; (9) Coffee warmer; (10) Cash register; (11) Sinks; (12) Microwave oven; (13) Food warmer; (14) Hot dog steamer; (15) Coffee brewer; (16) Reach-in refrigerator; (17) Milk shake machine; (18) Tables with built-in chairs.

EDITORIAL

Our patients write...

This letter is written to convey the deep appreciation of Martha, my beloved wife... as well as my own, for the skillful and compassionate care she received during her recent illness.

... She had a sudden... onset attack on the afternoon of Jan. 28. Her condition was quickly diagnosed by Dr. Ragan at Moffett Field who called and prepared for her admittance via emergency at NRMHC. She was admitted about 6 p.m. to Ward 9S, a very sick lady. Within a few hours her situation had improved to the point that she was not in danger, but she required continuous care to some degree to her discharge on Feb. 5.

We are so grateful to that great group of people on Ward 9S, not only for the many things they did to help Martha through a very hard time, but equally for the manner in which they did them. From Dr. Cassaday, Dr. Freeman and Dr. Van Houdt (to) the nurses, and the men and women corpsmen on the ward, nothing was left undone to help her, as busy and overworked though they were. During her entire stay not one person failed to show her kindness and consideration. In a very real sense those days were healing to her spirit as well as to her body.

After Martha's condition stabilized to a point where her release date was being considered, Dr. Cassaday arranged for us to receive... education... information, and transfer to... guidance. Dr. Smith, Dr. Schmitt and LCDR Jung provided us with all necessary information to handle things at home and again, along with all the help we needed, we received the same friendly, caring treatment.

I served in the Navy from my enlistment in 1933 to retirement in 1961 and during those years was married, and we reared our family under the protection of Navy medicine. Needless to say over those years we many times thankfully accepted that privilege but I am ashamed to say that of the many times thanks have been due, they were delivered verbally rather than being written.

Please then accept our heartfelt appreciation to you and to those fine, dedicated people whom you command, particularly those on Ward 9S, and with it a very sincere "God Bless You All."

--Fred S. Gill, LCDR, USN (Ret.)
Santa Clara

A 'sand crab' views the Navy

I suffered a twang of nostalgia the other day. It was sort of like seeing a car with running boards, listening to Tommy Dorsey on the old Atwater-Kent, and enjoying a double-scoop of ice cream for the grand old price of a nickel. It was a great feeling—one I hadn't experienced in recent years except for the exciting, fleeting moments of seeing the battleship USS NEW JERSEY enter Pearl Harbor shortly before she was mothballed.

There is a certain magic about the "JERSEY" with her 65-foot long, 16-inch gun barrels. With her ensigns fluttering in the breeze, her decks lined with men in crisp, white uniforms standing at attention, and those majestic guns firing in salute, the sight and sound are enough to make any real American's heart swell and literally throb with pride, just knowing that she is ours. And now the newspapers report that there's a possibility that regal old lady may once again take to the sea. Speaking as a private citizen who admittedly doesn't know a "diddle" about weapons systems costs or effectiveness, I hope they do decide to put that battleship back into service. Modernized or not, she is symbolic of our nation and a fitting, living memorial to all the brave Navy men and women of the past and present. If she can give this rather aged and cynical writer the goose bumps, think what a real thrill she could be for youngsters with fresh, impressionistic minds, unjaded with preconceived suspicions brought on by years of frustration and a sometimes sour society. This country needs the NEW JERSEY and a few other symbols to refresh our memories of what this land of liberty is all about.

This brings me to the more recent sentimental experience. It happened right here in Bldg. 500 on the third deck. I saw a corpsman in bell bottoms who stood out in the throng of patients and staffers waiting for elevators, and I took a closer look to find out what made him so special. Although his uniform was snowy white, well-fitting and pressed to perfection, his overall appearance was sharp from the tip of his well-shined shoes to the top of his well-cut hair. I don't know him and I haven't the slightest idea where he works, but I'd like him to know that the extra effort he obviously takes in personal grooming and attention to uniform appearance does not go unnoticed. His good looks and confident manner spell out P-R-O-F-E-S-S-I-O-N-A-L-I-S-M. (It's also a safe bet that he excels in whatever he does.)

We have all heard some of the military staff speak of the inconvenience they are experiencing under the new uniform regulations—changing from one uniform for commuting and into another for patient care, temporary non-availability of certain components of the uniform, etc. Well, perhaps you military folks might feel a little bit better about it if we told you that we "sand crabs" like your smart new looks, and we're proud to be your partners on the Navy team. As civilian employees of the sea service, we need to be reminded of our employer's mission, just as do your neighbors, your families, the shopkeepers and the man on the street. We're all in our hearts Americans and it's within your power to help awaken the spirit of patriotism which has sadly been lacking over the past few years. Thanks for your contribution.

--B. Beck

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



As you know, there has been much discussion about the CNO bringing back PRIDE and PROFESSIONALISM to the Navy. The Surgeon General, Vice Admiral Cox, supports the initiative... and so do I.

I am personally committed to the concept, and as Command Master Chief, will support the command and the Navy in all endeavors.

One of the ways we can accomplish the CNO's plan is to utilize the chain of command. CPOs will be playing an active role in division leadership.

There should be high standards of military behavior, appearance and performance, avoiding the tendency to tolerate double standards.

A CPO Academy will be established this year, as well as a Navywide petty officer indoctrination course for newly-promoted E-4s.

The availability and quality of uniforms will be improved.

As military health care professionals, we are essential, unique and elite. This carries with it an inseparable, dual responsibility of professionalism, which should automatically lead to a pride-enhanced reputation and heightened ability to perform.

We do not need new directives to accomplish our goal of achieving the kind of Navy true professionals want it to be. The standards are already in use. We must demonstrate a willingness and commitment to stand on these principles and carry them out in practice.

Why have we reached the point where there is need to re-emphasize these standards? In my opinion, the Petty Officers, Chief Petty Officers and Officers have not been doing what is expected of them. They do not want to confront their peers or subordinates with required standards. They feel uniform and grooming standards are secondary to professional specialty, or they are afraid of what other people think, and it's easier not to deal with the "hassle." My recommendation at this time is to deal with responsibilities or be dealt with.

Look at yourself today and see what kind of example you are setting.

"HAVE CONCERN ABOUT WHAT YOU BURN..."



SAVE ENERGY

Oak Knoll surgical team returns from deployment

Sixteen members of Surgical Platoon Cadre Unit No. 9 have now returned to their normal duties at Naval Regional Medical Center Oakland following a three-month Western Pacific deployment aboard the USS TARAWA (LHA-1).

Personnel participating were Lieutenants David Logston, MC, Anesthesiology, Dan Wierzbowski, NC, Anesthesiology, Jerry Thompson, NC, Main Operating Room; Ensign Mike Biggs, MSC, Comptroller Service; Chief Hospital Corpsman Eddie Johnson, Hospital Investigation Center; Hospital Corpsmen First Class William Rhodes, Nuclear Medicine, Gary Koltes, Laboratory, and Ron McAdam, Radiology.

Also, Hospital Corpsmen Second

Class Karl Brown, Mike Presley, and Howard Wagner of the Main Operating Room and Jim Cunningham of Pharmacy.

Also, Hospital Corpsmen Third Class Ralph Aparicio, Orthopedic Service, and Joe Gallagher, Gary Gilson and Rodney Taylor, all of the Main Operating Room.

For their efforts during deployment to the Indian Ocean, all members of the cadre received the Navy Expeditionary Medal.

Ports visited included Subic Bay, R.P.; Patia Beach, Thailand; Singapore; Mambassa, Kenya, and Perth, Australia.

The group departed Nov. 13, 1980 and returned to Oakland Feb. 27, 1981.

'Navy week' visit scheduled

Students of St. Mary's High School of Berkeley will get the opportunity to visit Naval Regional Medical Center, Oakland on April 3, as a part of their "Navy Week" program.

This program is designed to take the students around to all Bay Area Navy stations for brief educational visits.

While at Oak Knoll, the students will be taken on a tour that will include visits to the Navy Prosthetic Laboratory, Blood Bank, and the Physical/Occupational Therapy Clinic.

New performance appraisal system coming for federal civilian employees

Ready or not, performance appraisals for civilians are coming. By Oct. 1, 1981, agencies will be operating under new performance appraisal systems called for by the 1978 Civil Service Reform Act (CSRA) which put great emphasis on the business of evaluating employees. The primary purpose is to improve organizational effectiveness through better use of human resources.

With this in mind, employees should know how appraisal systems work, what performance appraisals are used for, and how these evaluations will affect them.

The appraisal system is set up so that employees receive periodic evaluations in writing at least once a year. Employees are encouraged to work with supervisors to develop performance standards and critical elements used to measure the level of achievement and the quality of performance in the evaluating process.

Performance standards and critical elements must be in writing and consistent with the duties and responsibilities covered in the employees' position description which spells out major job requirements.

An open line of communication between supervisor and employee before, during, and after the evaluating process is necessary to make the system work.

Under the law, performance evaluations will be used as a basis for making personnel decisions on employee training, promotions, removals, rewards, demotions, reassignments, etc.

NEA seeks members

The Naval Employees Association is conducting its annual membership drive through mid-April, according to Ms. Gladys Mitchell, the Naval Regional Medical Center Oakland representative.

Membership fees this year are \$6 per person, and all civilian employees of the medical center are eligible to join the NAS Alameda-based association.

Benefits include discounts of many kinds (with more coming); eligibility in either of two dental plans; a "quick cash" life insurance program and reduced dinner prices at selected East Bay restaurants. In addition, the organization sends a representative to Washington, D.C. each year to meet with Congressmen relative to the needs of Navy civil service workers in the Bay Area.

For further information, contact Ms. Mitchell at Ext. 2518.

HN Van Loh meets mayor

Hospitalman Dan Von Loh of Medical Repair was the guest of Mayor Lionel Wilson of the City of Oakland on March 19.

The Navy man was one of 12 citizens personally invited by the mayor to express their views on concerns of the community and city government during a coffee held in Mayor Wilson's hillside home.

Among topics discussed were public safety, crime and drug problems. The mayor told the group that his No. 1 goal is to provide more jobs for Oakland residents.

Hospitalman Von Loh was the only military member present at the informal meeting.



RETURNS AS OFFICER—David P. Bates III (right) takes an oath from Captain James W. Winebright as the ex-corpsman is commissioned a lieutenant (junior grade) in the Navy Medical Service Corps. The new officer, a former nuclear medicine technologist, returned to the Navy after two years' civilian employment.

Former corpsman returns for commissioning as MSC

An old friend and former staff member returned to Naval Regional Medical Center Oakland a couple of weeks ago to have his former chief of service swear him in as a Lieutenant (junior grade) in the Navy Medical Service Corps.

David P. Bates III, a former Nuclear Medicine Technologist and Hospital Corpsman First Class who left here in late 1979 after nearly five years, selected Oak Knoll as the site and Captain James W. Winebright the one to perform the honors.

"Even having been gone from NRMCO for almost two years," the new officer said, "I still have very strong personal and professional ties with the hospital. I wouldn't dream of accepting a commission anywhere else. I will always be grateful to Dr. Winebright and the rest of the Nuclear Medicine Department staff for the support they have given me over the years."

As a civilian in between Navy duty, Bates worked as Director of Education and Staff Development for the Kern Medical Center in Bakersfield, Calif. He holds a bachelor of science in health care from Southern Illinois University and a master's degree in business administration from the University of Northern Colorado.

The new lieutenant will report for the officer indoctrination course at Newport, R.I. on April 6 and next be assigned to the 1st FSSG, Camp Pendleton, Calif.

He and his wife Jane and sons Ryan and Alan have been living in Bakersfield but consider Covina, Calif., their "hometown."

Military pay: some taxed, some not

Because there are exemptions on certain military payments, there is confusion in the minds of some servicemembers as to what is taxable and what is exempt.

To set the record straight, here's the difference.

Taxable income includes:

- active duty pay,
- reserve training pay,
- reenlistment bonuses,
- dislocation allowances paid upon transfer from one station to another,
- trailer moving allowances (but actual moving expenses may be deductible in deriving adjusted gross income),
- Armed services academy pay and naval aviation college program pay,
- lump sum payments upon separation or release to inactive duty, but not disability severance pay,
- military retired pay that is based on age or length of service, but not the amount of reduction in retirement or retainer pay to provide a survivor annuity for spouse or children,
- temporary duty pay and per diem payments in excess of expenses,
- payments for accrued leave.

Non-taxable income for military members includes—

- quarters allowance or the new variable housing allowance,
- subsistence allowance,

- clothing allowance,
 - family separation allowance,
 - station housing allowance,
 - cost of living allowance,
 - unreimbursed expenses incident to moving a member of the Armed Forces, the family, and the household goods on a change of duty station. Expenses incident to the move, such as pre-move house-hunting, temporary lodging for up to 30 days, and some of the costs in the settlement of a lease, the sale of a home, and the purchase of a new home, are deductible within certain limits. Show your moving records to your legal assistance officer for further guidance or visit the nearest IRS tax assistance office.
 - State bonus payment,
 - Veterans Administration benefits, including VA insurance dividends,
 - Social Security benefits,
 - death gratuity payment made to beneficiaries of Armed Forces personnel who died on active duty, and
 - disability severance pay and temporary or permanent disability retirement pay elected on the basis of percentage of disability.
- There are experts to help you in every tax problem, both at the federal and state level. If you're overseas during a part of a tax year, contact the installation legal assistance office for trained advice.

Construction

(from page 1)

under a limited basis. However, complete renovations are expected, including new equipment, flooring, wall designs and "fast food" style tables.

New ice machines, a microwave oven, coffeemaker and warmer, milk shake machine and a food warmer will be added during the renovation. With

the exception of the table locations, a complete new serving layout is planned.

The plans for the Navy Exchange fast food outlet are still in the early stages; however, actual renovation could begin as early as September or October 1981.

For your info---

Security force has new head

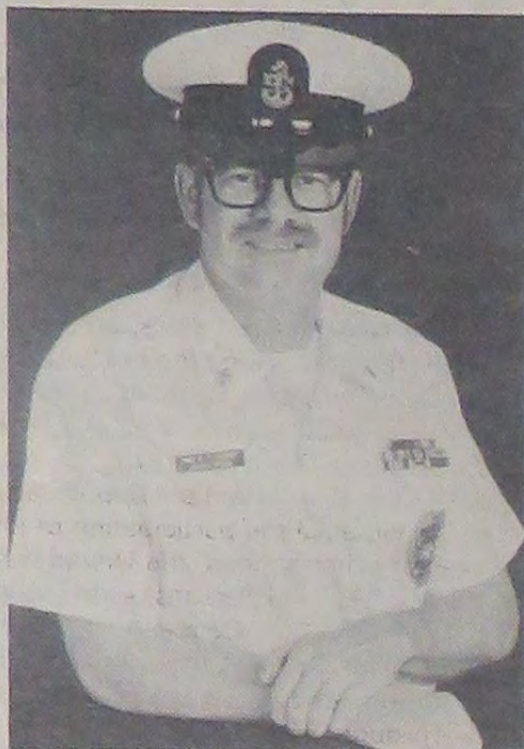
Chief Master-At-Arms (MAC) Edward P. Sharp has taken over as Security Officer at Naval Regional Medical Center, Oakland.

Chief Sharp has served 18 years in the Navy, and has broad experience in his field. His Navy career has carried him to a variety of duty stations including USS BRISTER (DER-327), USS R. K. HUNTINGTON (DD-781), USS W. L. LIND (DD-703), USS J. R. PERRY (DE-1034), USS ELLIOT (DD-967), as well as Naval Station Guantanamo Bay, Cuba, Naval Station Treasure Island, and as a criminal investigator at Naval Air Station Pt. Mugu.

The chief started his Navy career as a sonar technician and then crossed over to the MA rating, attending both Army and Air Force Military Police schools, the Sheriff's Academy in Ventura, Calif., several drug abuse education and program development schools, and Navy Human Resource Development Training courses. He has also given lectures for civic and school groups on drug abuse.

Chief Sharp has earned three Good Conduct Awards, two Armed Forces Expeditionary Medals, as well as a Navy Expeditionary Medal, Vietnam Service, Vietnam Campaign, National Defense, Sea Service, and an Expert Pistol Medal during his Navy career.

Speaking of his appointment as Security Officer, Chief Sharp said, "I



MAC Edward P. Sharp

expect to continue in the outstanding manner and dedication to duty as my predecessor, with attainment of a high standard and degree of professionalism within the Security Department to better serve and protect our charges and carry out the assigned responsibilities to the best of our ability."

The son of Mr. and Mrs. Tolbert David Sharp of Sheffield, Ala. enjoys softball and bowling during his off duty hours.

More vets back in the Navy

During 1980, the Navy Recruiting Command saw an increase in prior service veterans joining the Navy.

During May, an all-time high was reached when 1,020 veterans enlisted.

Many factors, including economic conditions, contributed to the return of these persons. However, since a majority of the veterans left civilian employment to re-enter the service, other reasons must be considered. Lack of advancement opportunities, poor retirement benefits and boredom with the typical 9-to-5 grind, were reasons frequently cited by returning veterans.

Returning veterans accounted for 12 percent of the number of those joining the Navy last year.

Rules liberalized for allotments

Federal agencies can now offer employees a greater variety of payroll deductions for allotment purposes under newly liberalized regulations issued by the U. S. Office of Personnel Management (OPM).

Until now, money could be withheld only for purposes specifically provided for by law or Executive Order. These mandatory allotments were and continue to be:

- Income tax withholding.
- Dues to a labor organization or association of management officials and/or supervisors.
- Charitable contributions to a Combined Federal Campaign.
- Savings under Department of Treasury regulations (up to two).
- Savings for an employee assigned outside the Continental U.S.

One additional mandatory allotment appears in the new regulations. Agencies must permit allotments for child support or alimony payments if requested by the employee.

In addition to the mandatory allot-

ments, agencies may now allow an employee to make an allotment for any legal purpose deemed appropriate by the agency head.

The new regulations give the agencies discretion to impose administrative constraints on such things as the minimum amount of allotment, minimum number of employee allotments required for an organization to become eligible to receive allotments, and frequency with which a charge may be made in amount of allotment.

The regulations also permit the agency to charge a service fee to the receiving organization not to exceed the actual cost of the service unless there are specific instructions in law, Executive Order, or regulation which provide for determination or waiver of fees. For example, a service charge for allotments to saving institutions must be charged, while there is none for withholding union dues.

The revised regulations were published in the Federal Register on Jan. 9, 1981.

Defense plan adds pay boost

Details of the proposals to add more than \$30 billion to the budget submitted by the Carter Administration were described by Defense Secretary Caspar Weinberger in a recent appearance before Congress.

Military pay boosts in July and October are called for in the defense budget presented by the Reagan administration last week. Also proposed are the reactivations of the aircraft carrier ORISKANY and two battleships—NEW JERSEY and IOWA.

The Reagan amended budget for the Department of the Navy will provide approximately 11 percent real program growth in FY-81 and FY-82 in the budget submitted last January.

In the pay area, President Reagan has requested a 5.3 percent increase to be effective July 1. This pay raise would be in addition to the annual October pay raise for inflation. Current planning is to assume a 9.1 percent raise would be required then.

Two nursing positions available

Applications are being accepted now through Dec. 31, 1981 for a licensed vocational nurse (GS-621-3/4/5), and a clinical nurse (GS-610-9).

The clinical nurse position offers a special salary range from \$19,205 to \$24,785 per year. The job is subject to rotating shifts.

Requirements of this position include a full professional knowledge of the field of nursing, and active, current registration as a professional nurse.

The selected applicant's duties will include identifying potential health problems, administering medications, initiating intravenous therapy, commencing emergency life saving measures in the absence of a physician, relieving charge nurse on occasion, and participating in a multidisciplinary quality assurance program.

The licensed vocational nurse position will range from a GS-3 to a GS-5 level, depending upon experience, with a special salary range from \$12,700 to \$18,401 per year. Qualification requirements range from one year to three years experience in the nursing field.

Duties of this position include some of those listed for the clinical nurse position, as well as knowledge in veni-

puncture, allergy testing, assisting in the consumer education program and orientation of new staff members, and serving as team leader when needed.

Interested applicants for these positions should submit a current SF-171 to the Naval Regional Medical Center, Civilian Personnel Service, 8750 Mountain Blvd., Oakland, Calif. 94627.

Call Ext. 2116 for more details.

Job open in supply for GS-6 lead clerk

Applications will be accepted through Monday for Lead Supply Clerk (Typing), GS-6, in the Supply Service of Naval Regional Medical Center, Oakland.

Applicants should have one year of general clerical experience, plus specialized experience of three years or more in supply work or closely-related activity.

The person selected will be paid at the special rate of \$14,128 to \$18,232 per year.

For more information contact Christine Lessler in Civilian Personnel Service, Ext. 2116.

Does Your State Give TAX BREAKS For Energy Savings?

While most Americans are aware that the federal government encourages energy conservation by permitting part of the cost of certain energy-saving measures to be deducted from federal income taxes, few are aware that many states have similar incentive programs.

The Department of Energy lists the following states as offering some type of energy tax incentive. If you own a house in one or more, check to see what incentives you might be eligible for before you compute your state tax for this year.

Arizona
California
Colorado
Connecticut
Illinois
Indiana
Iowa
Kansas

Louisiana
Maryland
Massachusetts
Michigan
Minnesota
Montana
Nevada
New Jersey

North Carolina
North Dakota
Ohio
South Dakota
Tennessee
Vermont
Virginia
Washington
Wisconsin

---and education---

E-7 frocking policy changed

Effective immediately, selected Chiefs will not be frocked until the first advancement increment so they may have ample opportunity to participate in the time-honored Chief Petty Officer advancement ceremonies.

Those selected for advancement to E-4, E-5, E-6, E-8, and E-9, but not

advanced due to lack of appropriate vacancy, and who have the approval of their Commanding Officers, are authorized to assume the title and wear the uniform of the grade to which they are selected.

All other frocking procedures remain as stated in BUPERSINST 1430.16A.

Call IRIS to find excess supplies

Need an automobile, truck, trailer, diesel engine, generator, crane, welder, air conditioner, video recorder, gyroscope, pair of pajamas or any of a half a million other items? Have a tight budget? Maybe the Defense Property Disposal Service (DPDS) can help.

Each year the military services and defense agencies turn in billions of dollars worth of excess property to Defense Property Disposal Offices throughout the world. All of this property is available for reissue to Department of Defense activities that request it. While these activities must provide funding for any necessary packing, crating, handling and/or transportation of the requisitioned excess property, DPDS issues the property itself without charge.

One of the most effective methods of locating DoD excess property is through the DPDS' Interrogation Requirements Information System (IRIS). This is a computer system designed to search the entire worldwide DPDS inventory file for any avail-

able property identifiable by a National Stock Number. No other method of locating excess material affords such easy access in information on such a wide variety of items located in so many different places.

To use IRIS, submit your interrogation request to Headquarters, DPDS in Battle Creek, Mich., by AUTODIN (an automated digital network), punched cards, message, letter or telephone. You may also request that the property be tailored to your specific needs. If you specify a purge date of up to one year in the future, the computer will search the constantly changing inventory each week until that deadline. Information limited to a specific DPDO, geographical area, minimum dollar value and/or minimum acceptance condition code may also be requested. Personal assistance in using IRIS may be obtained by telephoning the HQ DPDS Directorate of Reutilization at AUTOVON 369-6695, FTS 372-6695, or commercial 616-629-6511, Ext. 6695.

VA pays portion for vet's burial

Veterans should note in their estate papers the fact that the Veterans Administration can pay for a portion of their burial expenses.

The VA burial benefits can range from \$450 to \$1,100 depending on whether the death was a result of a service-connected condition and whether the veteran is buried in a national cemetery.

Family assistance

VA benefits payable at the death of a veteran can often spare the family both anxiety and financial hardship immediately.

The VA provides up to \$300 toward the burial expenses of eligible veterans and an additional \$150 as a plot or interment allowance, if the veteran is not buried in a national cemetery or other government cemetery.

If the veteran's death is service-connected, the VA will pay an amount not to exceed \$1,100 in lieu of the usual burial allowances.

Eligibility

Veterans discharged under other than dishonorable conditions who served in the Spanish-American War, during the Mexican border period, in

World War I and II, the Korean conflict, or the Vietnam Era are eligible for VA plot and burial allowances and for burial in a national cemetery.

Peacetime veterans with other than dishonorable discharges are eligible for burial in a national cemetery and for a headstone or grave marker. But peacetime veterans are not entitled to the burial or plot allowance unless they were receiving compensation payments or were discharged for disability reasons.

Flags

An American flag will also be provided upon request by the next of kin for use in covering the casket.

With the exception of the Arlington National Cemetery, burial is available to eligible veterans at all national cemeteries having space and may also be authorized for an eligible veteran's wife or husband, minor children, and under certain circumstances, unmarried adult children.

Eligibility requirements for burial at Arlington National Cemetery may be obtained from the Superintendent, Arlington National Cemetery, Arlington, VA 22211.

A Proclamation

International Year of Disabled Persons

We seek, in the 1980s, an era of national renewal, an era that will set loose again the energy and ingenuity of the American people.

Today there are 35 million disabled Americans who represent one of our most underutilized national resources. Their will, their spirit, and their hearts are not impaired, despite their limitations. All of us stand to gain when those who are disabled share in America's opportunities.

To increase the participation of disabled persons in our national life and in the lives of other nations, the United Nations has designated 1981 the International Year of Disabled Persons. America has long been a world leader in this area, and the United States Council for the International Year of Disabled Persons and our Federal government have already responded to the United Nations challenge. Programs are underway throughout the Nation.

Through partnerships of disabled and nondisabled persons; of our private sector and our government; and of our national, state, and community organizations, we can expand the opportunities for disabled Americans to make a fuller contribution to our national life. I am proud to pledge the cooperation of my Administration and the Federal agencies under my jurisdiction, including the Federal Interagency Committee for the International Year of Disabled Persons.

NOW, THEREFORE, in keeping with the goals of the International Year, I, RONALD REAGAN, President of the United States of America, do hereby proclaim 1981 the International Year of Disabled Persons in the United States.

IN WITNESS WHEREOF, I have hereunto set my hand this sixth day of February, in the year of our Lord nineteen hundred eighty-one, and of the Independence of the United States of America the two hundred and fifth.

RONALD REAGAN

Child-snatching legislation enacted

A blue van with out-of-state license plates wheels around a street corner and screeches to a halt near a school bus stop. Two men jump out and place a smiling, freckle-faced little boy into the van; the van then races off. Is this a case of kidnapping or child molestation? Maybe, and the implications can be extremely serious. The incident is called "child-snatching" and it is happening with increasing frequency in the United States.

In a typical case, the unsuccessful parent in a child custody dispute takes the law into his or her own hands by abducting the child to another state. The abducting parent then applies to that state's courts for a new decree that will grant that parent custody of the child.

In response to this growing problem, the Uniform Child Custody Jurisdiction Act has been enacted into law by many states to reduce the conflict and pain that arises from confusion over which state has proper jurisdiction in a child custody matter. This legislation has already been passed in more than half the states and is being considered by many of the remaining states.

The act imposes on state courts the requirement to avoid custody decrees which conflict with prior court actions of other states. The law accomplishes this by permitting only the courts of the child's "home state" to make custody orders. "Home state" is defined as the state in which the child has resided at least six months with a parent prior to the court action. The only exception to this rule is when evidence is present to the court that an emergency exists and that failure of the court to act would result in maltreatment or abuse of the child.

One significant aspect of the act is that it permits the court to decline jurisdiction if the applicant has improperly removed the child from another state. Thus, if the non-custodial parent "kidnaps" a child, that parent may be prevented from having the custody decree lawfully changed. The purpose of this provision is to keep the state courts from becoming involved in the child-snatching and to remove one incentive for such a violent act.

States which support the Uniform Child Custody Jurisdiction Act are: Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Indiana, Iowa, Kansas, Louisiana, Maine, Maryland, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New York, North Dakota, South Dakota, Virginia, Wisconsin and Wyoming. The act is currently pending before a number of other state legislatures.

Parents who are contemplating child-snatching should be aware that the only way to gain custody of their children is through the judicial process. They should also be wary of suggestions by private investigators or others who indicate that their child-snatching proposition is "perfectly legal." Questions on child custody matters should be discussed with competent legal counsel before any decisions are made. While you may be willing to deal with the consequences involving child-snatching, the potential for an adverse effect on your child can be too great to make the risk worthwhile. (Courtesy of the Naval Legal Service Office, Norfolk, Va.)

College courses available here

The Southern Illinois University is currently accepting applications for its continuing on-base bachelor degree program.

Interested personnel are encouraged to contact the representative in the Education and Training Building 75A, or call 562-8767.

'Da ripurt wuz mispelled'

They should have gone far, for both were above par.
She made A's in biology, while he was best in psychology.

After college the couple sought jobs at the top.
—Alas, at their professions, they both were a flop.

Their reports and memos ('tho artfully worded)
Left a taste with the boss most sourly curded.

With all of their attention to books—
They neglected to check how the word looks.

So that is how little Jack and Jill fell.
They didn't take time to learn how to spell!

--Edyter

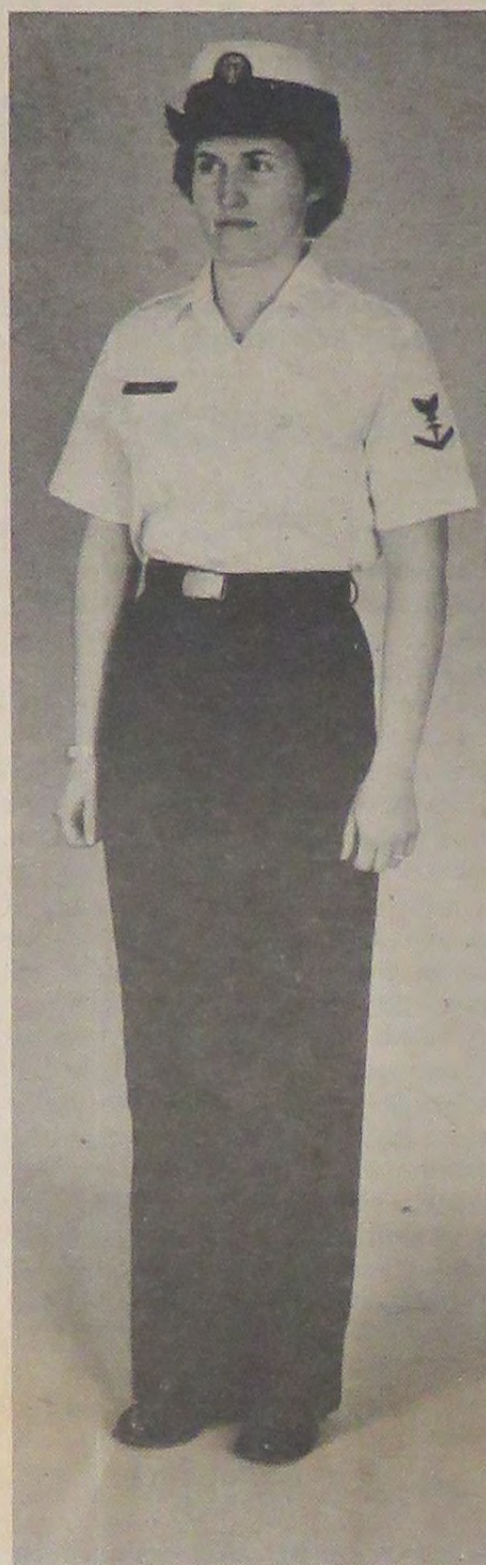
Medical Center staff members model



Service Dress Blue (male officer) — LT Roger D. Edwards



Service Dress Blue Jumper (E1-E5 male) — HM3 Robert Birk



Summer Blue Bravo (female) — HM3 Teresa Whitney



Undress White (E1-E5 male) — HA Steve T. Koczorski

Several uniform changes both for male and female personnel have been announced for military members in the Bay Area.

Service Dress Blue is the prescribed uniform to be worn during both winter and summer periods for all official functions where the civilian equivalent dress is coat and tie, unless formal dinner or full dress uniforms are prescribed.

The uniform of the day for the remainder of the winter period ending

May 3, 1981 is as follows:

Officers/CPOs (male): Service Dress blue.

Officers/CPO/Enlisted E-1 through E-6 (female): Service Dress Blue A/B with combination hat.

Enlisted E-1 through E-6 (male): Winter Blue—except E-1 through E-5 personnel who have been issued the Jumper style uniform. The Jumper style is prescribed for those who have been issued this uniform.

The working uniforms for patient care/patient contact areas are:

Officers/CPO's (male): Summer White

Officers/CPOs/Enlisted E-1 through E-6 (female): Nurse Corps Officers—Indoor Duty White A/B. All others (female): Summer Blue A/B with combination hat.

Enlisted E-1 through E-6 (male): Summer White—except E-1 through E-5 personnel who have been issued the Jumper style uniform. The white jumper without neckerchief and ribbons is prescribed for those who have been issued this uniform.

authorized uniforms for this command



Summer White (male) — HN Duane C. Rudd



Indoor Duty White Bravo (female) — LT Patricia G. Murphy



Service Dress Blue Alpha (female) — HM1 Barbara Heep



Service Dress Blue (CPO) — HMC Alfonso Esporo



Winter Blue (E1-E6 male) — HM1 Gerald Freeman

The working uniforms for environments where soiling of the clothing is expected are:
Officers/CPO's: Working Khaki
Enlisted: Dungarees
 The Uniform of the Day will be worn for office work, watch-standing, liberty and business ashore. Except for Navy Nurse Corps Officers, working uniforms will not be worn off Naval establishments except for working parties engaged in official business that involves dirty work. Navy Nurse Corps Officers are authorized to wear the

Navy White uniforms from home to work and return, portal to portal only. Traditional jumper style bell-bottomed uniforms are now optional for wear by men in paygrades E1-E5. Men whose active duty commenced on or after May 1, 1980 have received jumper style uniforms as part of their seabag. Effective immediately, E6 men are authorized to wear jumper style uniforms on an optional basis. Effective May 1, 1981, E1-E6 men will wear the combination cap only with the service dress blue coat style uniforms. The

white hat will be worn with all other uniforms.
 Differences in appearance and color of fabric of new blue and white jumper uniforms in a side-by-side comparison with old jumper uniforms are obvious. The only authorized fabric is 100 percent wool serge for blue jumper uniforms and 100 percent polyester twill fabric for white jumper uniforms.
 Jumper style uniforms sold in Navy Exchanges since the jumper style was authorized on Oct. 1, 1978 meet those fabric specifications.

People make news ---

Oak Knoll's corpsman in the spotlight PMT instructor sets example in furthering education



HMCS Nathaniel Jenkins

As the Senior Enlisted Instructor for Naval Regional Medical Center, Oakland's Preventive Medicine Technician (PMT) School, Senior Chief Hospital Corpsman Nathaniel Jenkins has set quite an example for his students by graduating from the Southern Illinois University with a BS degree in Health Care Administration. Chief Jenkins graduated with a 3.86 final grade point average, which won him high honors within the university.

Chief Jenkins also holds the Administrative Assistant position at the PMT school, where he has been attached for the past 15 months.

Education is nothing new to Chief Jenkins as he has attended a number of military schools,

including Advanced Hospital Corpsman School, Clinical Laboratory Technician School, Drug and Alcohol Counseling School, and Career Counseling School.

His 23 years of Naval service has led him to NRMC Jacksonville where he was a career counselor as well as the leading chief in the Education and Training Department, and to USS LEXINGTON (AVT-16) as a senior member of the medical department.

Chief Jenkins has earned the Navy Commendation, Navy Unit Commendation, Meritorious Unit Commendation, four Good Conduct Awards, Vietnam Service, Vietnam Campaign, Vietnam Cross of Gallantry with Palm and

the National Defense medals during his Navy career.

The "star centerfielder" (I've read that somewhere) for the NRMC Oakland CPO team said of his accomplishment, "I've always desired to continue my education while serving on active duty and this accomplishes the second milestone in that direction."

The next milestone that Chief Jenkins will pursue is his masters degree in Public Administration for which he is currently enrolled at the Golden Gate University of San Francisco.

The son of Mr. and Mrs. Carlton Jenkins of Fort Pierce, Fla. hopes to continue his Navy career and advance to Master Chief before retiring.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Hospital Corpsman Third Class Timothy Fox, formerly of Neurosurgery Clinic, to USS HAROLD E. HOLT.

Machinist Mate Fireman Brett Eby, formerly of Special Services, Honorable Discharge.

Sonar Technician Second Class Timothy Goodwill, formerly of OOD Desk, Honorable Discharge.

Seaman Apprentice Roland Sims, formerly of Security, Honorable Discharge.

Lieutenant Suzanne Murdock, NC, to Adak, Alaska.

Lieutenant Nancy Hoffman, NC, to Subic Bay, R. P.

"Welcome aboard" to newly arrived:

Commander Fred Meltz, MC, Active Duty for Training.

Ensign Mark Wagner, Clinical Clerk.

Ensign Gary Harris, Clinical Clerk.

Lieutenant Michael Perlman, MC, ENT Resident.

Lieutenant Commander Stephen DeMaranville, NC, Nursing Service.

Hospital Corpsman First Class Claudia Abbott, Education and Training.

Hospitalman Desmond Allison, ENT.

Hospitalman Apprentice Robert Bache, Ward 6 North.

Hospital Corpsman Third Class Robert Beal, Lab Service.

Hospital Corpsman Third Class David Barry, Neurosurgery.

Hospitalman Recruit Daniel Daniels, Nursing Service.

Hospitalman Recruit Kathryn J. Fuller, Ward 9 West.

Hospital Corpsman Second Class Charles Frye, Neurosurgery.

Hospitalman Recruit Katherine Kennedy, Ward 9 West.

Hospitalman Apprentice Kelly McDonald, Ward 9 West.

Hospitalman Apprentice Dennie Paz, Nursing Service.

Hospitalman Recruit Jenise Richards, Ward 7 North.

Hospitalman Wendy Smith, Ward 8 East.

Hospitalman Antoinette Tompkins, Ward 8 North.

Child abuse is topic

Commander Blaine Z. Hibbard of the Pediatric Service here attended the Bay Area Navy Family Ombudsman Council meeting on March 18.

Commander Hibbard participated as resource leader in a program that included a presentation concerning child abuse.



THE WAY HE WAS—Can you identify this prominent staff member shown here as a surgery resident in a 1971-72 photo? The answer will appear in the next issue of Oak Leaf.

Career Capsules

By HM1 Barbara Heep

The interest expressed in the Leadership, Management, Education and Training (LMET) course offered at NTTC Treasure Island for Leading Petty Officers, Leading Chief Petty Officers, Division Officers and Department Heads, has been enormous.

The majority of billets are controlled by Naval Military Personnel Command in Washington, D.C. Personnel are assigned in conjunction with permanent change of station orders.

Unless there is a last-minute cancellation, the command cannot assign members. In the event of a cancellation, there would be only three days' notice.

If you are interested, and would like to attend LMET, you can make your detailer aware of this by utilizing the remarks section of your duty preference form.

In the meantime, there is a correspondence course entitled "Human Behavior and Leadership" which is available for LPOs and LCPOs. You may want to order this course. Contact one of your command career counselors for more information.

X-ray class 81-002 holds graduation

Basic X-ray Class Number 81-002 held its graduation ceremony on March 20, with NRMC Oakland's Commanding Officer Rear Admiral Walter Lonergan as guest speaker. A reception followed the ceremony in the officers' dining hall.

Hospitalman (HN) Roger D. Sago was named as the honor graduate for this graduating class, and is now stationed at the National Naval Medical Center, Bethesda, Md.

Other graduates and their next duty station are: HN Jeffrey D. Brown, NRMC, Long Beach, Calif.; Hospital Corpsman Third Class (HM3) Rodolfo C. Cervera, NRMC San Diego, Calif.; HN Christopher W. Dunn, Marine Corps Air Station, Yuma, Ariz.; HN Gregory D. Ferguson, NNMC Bethesda, Md.; HN Terry A. Gentry, NRMC Camp Lejeune, N. C.; HN Timothy L. Gregg, NRMC San Diego, Calif.; HN Harry B. Meyer, USS OGDEN (LPD-5); and Class Spokesman, HM2 Edwin S. Morley, USS McKEE (AS-41).

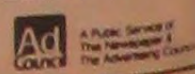
Also, HN Robert Richards, USS NASHVILLE (LPD-13); HM3 Lorretta A. Schwab, NRMC Charleston, S.C.; HN Kendell R. Stouder, NRMC, Charleston, S.C.; HM3 Clea M. Waters, NRMC Great Lakes, Ill.; HN Lawrence D. Williams, NRMC Charleston, S.C., and HN Guillermo A. Wright, NRMC Great Lakes, Ill.

KEEP IT UP, AMERICA.



By driving less, planning trips more wisely and keeping our cars in tune, we'll keep saving gas. And money—because wasted gas is wasted money.

LITTLE BY LITTLE, IT ALL ADDS UP.



--and more news--

Kudos.....

Selected for Captain

Commander Richard A. Golden, Chief, Alcohol Rehabilitation Service.
Commander Lowell H. Kallen, Psychiatry Service.
Commander David B. Karp, Head, Radiation Therapy.

Promotions

Lieutenant (junior grade) Karen Nalette, NC, Nursing Service.
Lieutenant (junior grade) Lesa Marks, NC, Nursing Service.

Letter of Commendation

Chief Hospital Corpsman Kurt

Fuchs, Administrative Support Service.

Letters of Appreciation

Lieutenant Suzanne Murdock, NC, Nursing Service.
Lieutenant Nancy Hoffman, NC, Nursing Service.

Reenlistments

Chief Hospital Corpsman John D. Shields, ENT Service.
Hospital Corpsman Second Class Robert D. German II, Radiology Service.
Hospital Corpsman Second Class Elviro B. Icban, ENT Service.

Orthopedist to teach, interns to attend combat casualty care course in Texas

Captain David M. Lichtman, Chief of Orthopedic Service, is assisting instructors in the ongoing combat casualty care course being held in San Antonio, Tex., from March 21 through April 4.

Medical personnel from this command attending the same course as students include Lieutenants

Michael G. Fogarty, Jean A. Grueter, Joseph M. Grant, Thomas A. Niccolai, Christine M. Schindler, and Andrew P. Zasada.

Also attending are Lieutenants William T. Meshier, Joseph M. Wentzell, Clara S. Creighton, Mary E. Hartman, Thomas F. Shue, John D. Slightam, and James R. Wilson.



CHIEF ASSIGNMENT—Chief Hospital Corpsman Kurt W. Fuchs turns over his project files to Lieutenant Patrick Shannon, Assistant Director of Administrative Services, in preparation for his departure from NRMC Oakland. Chief Fuchs transferred to the Naval Medical Research Unit No. 2, Jakarta, India, after spending 2½ years here at Oak Knoll. Chief Fuchs has been replaced by Chief Hospital Corpsman Eddie B. Johnson.

HM1 Lawrence departs NRMC

Hospital Corpsman First Class John E. Lawrence departed for commissioning crew duty on the new sub-tender USS McKEE, after spending three years here at Naval Regional Medical Center, Oakland. Although John spent the majority of his tour as a career counselor for the command, he traded in his badge for duty in the Emergency Room in order to "doctor up" his corpsman techniques during his last month here.

John's task with USS McKEE's commissioning crew will be to set up and establish the ship's medical department. This should be no problem to him, as he also holds a designator as an independent duty corpsman.

In addition to possessing his Associate Degree in Health Care Administration from the George Washington University, John has received training as a Nuclear Submarine Medical Technician in New London, Advanced Hospital Corpsman School, and Career Counselor Training in San Diego.

After 13 years in the Navy, John has seen duty in many corners of the world including USS COMPASS ISLAND (EAG-153), NRMC Memphis, Tenn., 2nd Battalion, 4th Marines in Vietnam, Ellison Field in Pensacola, Fla., Naval Postgraduate School, Monterey, Calif., USS ARCHERFISH (SSN-678), USS ENCHON (LPH-8), and USS HERMITAGE (LSD-34).

During his naval career, John has earned three Purple Hearts, two Navy Unit Commendations, two Good Conduct Awards, a Presidential Unit Commendation, Combat Action, Meritorious Unit Commendation, National Defense Medal, Battle Efficiency, Vietnam Service, Vietnam Campaign, and a Vietnam Cross of Gallantry with Palm.

As for his transfer back to a ship, John said, "I'll be glad to get back to a haze grey command. Not much will change, I'll still spend my money on wine, women, and song, but after that, I might just spend the rest of it foolishly."

The son of Mrs. Marie Lawrence, and the late Sergeant Major Thomas P. Lawrence, of John's hometown of Fort Smith, Ark., spends some of his off duty time assisting local Navy Recruiters with their mission. His main hobby is carpentry, and he likes to play pinochle and softball.



HM1 John E. Lawrence

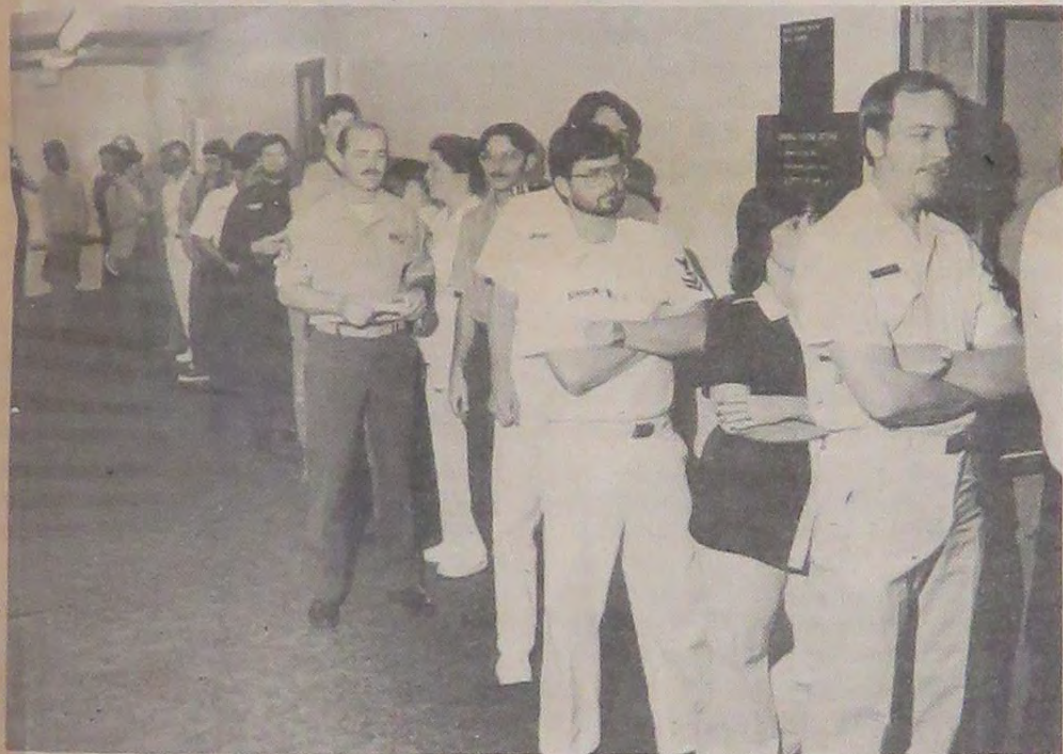
Tennis resumes

Tennis instructor Dr. Paul Welles will once again be offering his services to all Oak Knoll personnel and their dependents.

Lessons will begin as soon as a sufficient number of people have signed up.

The price of these lessons are: \$8 per 1/2 hour and \$16 per hour for private; \$6 per hour each for a group of three, and \$5 per hour each for a group of four.

Interested personnel may call Dr. Welles at 359-4537. The instructor fee must be paid at the Special Services ticket office in advance.



STEAK FOR BLOOD—Oak Knoll staff members line up for their "steak to order" after donating blood earlier in the week. A total of 291 donors gave blood during this latest NRMC Oakland blood drive which offered a free steak to order for all donors.

The Good Neighbor is you.



Belong.



A Public Service of This Newspaper & The Advertising Council

Speaking of health care

PEDIATRIC CLINIC INFORMATION

Naval Regional Medical Center
Oakland, California

*** ALL PATIENTS BY APPOINTMENT ***

*** Same Day Appointments for Acutely Sick Children ***

1. Comprehensive General Pediatric Clinic (for routine and chronic medical problems, physical exams, follow-up exams, consultations).
HOURS: Monday through Friday—0800-1600
2. Well Baby Clinic
HOURS: Monday through Friday—0800-1600
3. Acute Care Pediatric Clinic (for acutely ill children).
HOURS: Monday through Friday—0800-2000
Saturday—0800-1600
Sunday and Holidays—1000-1600
4. Specialty Clinics (by referral). Cardiology; Hematology/Oncology; Endocrinology; Neurology; Nephrology; Allergy; Learning Disabilities; Infectious Disease; High Risk Neonatal Care; Developmental Disorders.

*** FOR APPOINTMENTS TELEPHONE 639-2174 ***

*** FOR PEDIATRIC HEALTH CARE INFORMATION TELEPHONE 639-2374 ***

NRMC's speech center offers hearing conservation course

The Aural and Speech Rehabilitation Center at NRMC Oakland will offer a course of instruction for occupational hearing conservation technicians on April 6, 7, and 8, in the 4th floor Audiology Clinic.

The contents of this course will include both classroom instruction and practical training. Classroom instruction will cover anatomy and physiology of the auditory system, physical acoustics, personal hearing protection, Navy occupational hearing conservation regulations, and other pertinent topics. The practical training portion of this course will cover manual and self-recording audiometric techniques.

Trainees will be examined on material covered in classroom instruction and on appropriate audiometric technique with both manual and self-recording audiometers. Those satisfactorily performing on both examination requirements will be certified by this command as Occupational Hearing Conservation Technicians. In addition, two units of college credit may be earned by successful completion of the course. Those wishing to take the course for college credit must pay a \$24 registration fee to California State University at Hayward.

Requests for space assignment and application should be made to Lieutenant (junior grade) John Schleifer at Ext. 2153. Space assignments will be made on a first-come, first-served basis, and there will be a numerical limitation of 12 students.

Requests for space assignment and application should be made to Lieutenant (junior grade) John Schleifer at Ext. 2153. Space assignments will be made on a first-come, first-served basis, and there will be a numerical limitation of 12 students.

Well-baby care

CHAMPUS shares cost

The 1981 DoD Authorization Act extends well-baby care benefits to all categories of CHAMPUS Beneficiaries. Well-baby care under CHAMPUS was previously excluded by law.

The act authorizes CHAMPUS to share the cost of well-baby care, (routine physical examinations and immunizations) for children (up to two years of age) of active duty, retired and deceased service members.

In addition to the newborn examination, PKU tests and newborn circumcision, which were already covered under CHAMPUS, the well-baby care benefit covers the following services rendered by the attending pediatrician or family physician to children under two:

- History, physical examination, discussion and counseling.
- Vision, hearing and dental screening; developmental appraisal.
- Immunizations (i.e. DPT, polio, measles, mumps, and Rubella).
- Tuberculin Test, Hematocrit or Hemoglobin, and Urinalysis.

Cardiac course offered here

Lieutenant Commander Bonnie B. Potter, Training Officer in Oak Knoll's Department of Internal Medicine, will conduct an Advanced Cardiac Life Support (ACLS) Provider course on April 29th and 30th.

A mandatory prerequisite for the course is certification in Basic Cardiac Life Support within the last 12 months. Nursing Education in Ward 6S has

information regarding certification courses which are held each Wednesday.

At the completion of the course, an American Heart Association ACLS Provider Certification will be awarded to those who have successfully completed the instruction.

For more information, interested personnel may contact Lieutenant Commander Potter at Ext. 2501.

Words of wit and wisdom:

It is not the minutes you take at the table that make you overweight; it is the seconds.

Some worry so much about tomorrow's rain, they never enjoy today's sun.

People differ—some object to the fan dancer, and others to the fan.

NAS coop center offers child care in return for volunteer assistance

Alameda Naval Air Station's Coop Play and Learn Center is now officially open at the North Housing Community Center on Mosley in Alameda.

The no-cost child care arrangement was initiated by a group of concerned parents who volunteer their services. For each hour worked (with your child present) at the center, you receive two hours of free child care in return. Members must work four-hour shifts and will receive eight hours credit.

The center is open Monday, Wednesday and Friday afternoons from 1 to 5 p.m.; Tuesday and Thursday mornings from 9 a.m. to 1 p.m., and on Friday nights, by appointment, from 6 to 11:30 p.m.

Continued success of the project is directly related to increased participation by other families. Currently, 30 families are involved.

Those individuals and commands whose hard work and efforts made the

coop a reality were Captain Norman Campbell, NAS Alameda commanding officer; Mrs. Pearl Wong, Public Works Center Housing Director; Chief Barrington and a Self-Help crew; Sueanne and Brian Cantamessa, NRMC Oakland; Mary and Scott Howard, NAR-DAC; Barbara and Richard Morrell, USS SAN JOSE; Tim Schuler and Curt Alsobrook, USS SAN JOSE; NAS Alameda Chaplain's Office; Navy Exchange; Navy Relief; Longfellow School; Loli Irwin, COMCARGRU 7; Tish Flanagan, Mary Abernathy and Karen Lyle (USS CORAL SEA), and Vicki Branco, USS KANSAS CITY.

USO was able to secure donations of furniture and toys to equip the center and also received a grant to help underwrite the cost of a part-time teacher.

Coordinators are Melody Grant and Sue Cipparone. Further information may be obtained by calling 869-4256.

Brain-tumor diagnosis by UCSF leads to promising cancer treatment

A brain tumor in children now can be diagnosed more accurately and quickly using a new technique developed at UC-San Francisco. The work has led medical researchers to investigate a promising therapy that could help treat a variety of cancers.

The advances, made during the past five years at UC-San Francisco's Brain Tumor Research Center, are reported in the current issue of *Cancer* and were presented at the International Symposium on Polyamines in Normal and Neoplastic Cells, in Rimini, Italy, last September. The principal investigator is Laurence J. Marton, M.D., Professor and Chairman of the Department of Laboratory Medicine.

Marton's research team found that increased levels of compounds, called "polyamines," in spinal fluid can be used to diagnose medulloblastoma, a brain tumor that annually strikes 500 to 1,000 American children between the ages of 5 and 15.

The polyamine test can diagnose recurrence of medulloblastoma up to two months before the cancer can be detected with standard diagnostic techniques. This tumor, which begins near the base of the brain, evades detection by computerized tomography, radionuclide scans and even myelography—the usual diagnostic procedures—until the disease is advanced, Dr. Marton explained.

Marton's coinvestigators include Michael S. Edwards, M.D., Victor A. Levin, M.D., Charles B. Wilson, M.D., and Warren Lubich, all of the Brain Tumor Research Center. Their work is funded by the National Cancer Institute

and the Joe Gheen Medical Foundation.

The researchers now believe that controlling the production of polyamines may be a key to therapy effective in treating medulloblastoma, other brain tumors, and a variety of cancers.

In the study reported in *Cancer*, the UC-San Francisco scientists monitored 32 children who already had been diagnosed and treated for medulloblastoma. Every three to six months the physicians performed a group of standard diagnostic tests, plus the polyamine test, on each child to look for recurrence of the tumor.

The doctors performed a total of 210 spinal taps to check polyamine levels. The disease recurred in 26 children; 23 of those tumors were detected by the polyamine test. In 15 patients, the polyamine test detected the tumor well before other diagnostic techniques. That time saving allowed follow-up treatment by radiation and cancer drugs, while the tumors were in their early stages and could mean the difference between life and death for the young patients.

The *Cancer* article was written 18 months ago. Since then, Marton reported at the Italy meeting, the physicians have been performing the polyamine test 10 to 15 times each week on patients with various types of brain tumors. The UC-San Francisco Brain Tumor Research Center is the only facility in the world where this diagnostic test is performed. Physicians there also are running the test on spinal fluid samples from other medical centers around the world.



The following new additions to the medical/dental "family" have arrived at Oak Knoll.

A baby girl to Hospital Corpsman Third Class Rulfo C. Cervera, Naval Air Station Alameda, and his wife Maricela, March 6.

A baby boy to Dental Technician Third Class Paul W. Matijczyn, Naval Weapons Station Concord, and his wife Claire, March 9.



"No need to worry, colonel, just a little mixup at the laundry!"

With the family ---

For fire safety

All family quarters inspected in April

A fire safety inspection will be made of all family housing units at Oak Knoll, beginning April 1 and continuing throughout that month. The annual inspection is conducted in conjunction with the national spring clean-up campaign and will be made by base Fire Department personnel, who may be accompanied by Housing Office representatives.

The inspection will include:

- Fire safety inspection of living areas.
- Fire safety discussion with occupants.
- Instructions for emergency exit plans, smoke detectors, utility shut-offs, hazard control, and baby sitters.

Fire Chief Bruce B. Bobbitt said that the inspection will be conducted with the least possible inconvenience to occupants. He said that it would be desirable to have the sponsor present, but not necessary. "However," he continued, "no inspection will be conducted without an adult member present."

For working couples, a notice will be left at the residence with instructions to call the Fire Department to establish a call-back appointment convenient to the occupants.

For additional information, residents may call the NRMCC Fire Department at 639-2327.

Spring-clean and help USO

Do you have any items in your garage (or locker) that you don't need or want?

If so, bring them to San Francisco USO at 530 Taylor St., and they will be entered into the "world's largest garage sale." That's the KYA annual indoor garage sale at Fort Mason, April 11-12, and San Francisco USO will be one of the participating non-profit organizations.

Any donation is welcome—pots,

pans, piggy banks, posters, paintings, parasols, parachutes, old clothes—anything you think someone else might buy. Help USO keep its recreation/referral agency for the military going with your goodwill and gifts.

USO is open seven days a week at 530 Taylor St., between Geary and Post. Bring your donations to USO anytime from noon till 8 p.m. before Thursday, April 9.

Call 885-0234 for further information.

Benefit art show slated April 10

The Naval Regional Medical Center Officers' Auxiliary will hold its annual art exhibition and auction on Friday, April 10, in the Officers' Club at Oak Knoll.

The art exhibition will be held at 6:30 p.m., followed by auction of the paintings on view at 7:30 p.m. Refreshments will be available.

A piece of fine art will be given as a door prize. Tickets are \$2 each and may be purchased at the door.

Proceeds from the art show will benefit several of the auxiliary's year-round philanthropic projects.

Aerobic exercise offered on base

Providing a minimum number of persons are registered by April 3, aerobic exercise classes will once again be offered here at the base gym on Tuesday and Thursday mornings, beginning April 7.

The 16 classes, covering an eight-week program, will be held from 9:15 to 10:15 a.m., at a cost of \$32 for each participant. Registration and advance payment may be made with Sally at the Special Services Office (Ext. 2479).

Participants are asked to bring a towel or mat for the floor exercises.

For further information call Marilyn, the instructor, at 635-7619, or Eillene at 636-1835.



TO SAVE A LIFE—Ms. Debbie Barnes of the California Center for Child Passenger Safety addressed a pre-natal class at Oak Knoll earlier this month. Ms. Barnes used a doll to demonstrate how physical restraints hold baby safely in its carrier.

Racquetball tourney scheduled

The NRMCC Oakland Special Services Department is hosting a racquetball tournament beginning April 13. The tournament is open to all active duty male and female personnel attached to Oak Knoll.

The top four men from this tournament will qualify for the Central Pacific Regional Open Championships to be held from May 11 through May 15 at Mare Island Naval Shipyard.

There will also be a special tournament for male and female participants over 44 years of age that will be held at Naval Air Station, Alameda May 11-15.

For more information, contact Ron Brown at Ext. 2350.

Boxing championship coming

Central Pacific Regional Boxing Championships are being held on April 3 and 4 at 7 p.m. on the hangar deck of the USS CORAL SEA (CV-43), homeported at Naval Air Station, Alameda.

NRMCC Oakland is allowed one participant in each of the following classes: 106 lbs., 112 lbs., 119 lbs., 125 lbs., 132 lbs., 139 lbs., 147 lbs., 165 lbs., 178 lbs., 200 lbs., and over 200 lbs.

For more information on this event, contact Ron Brown at Ext. 2350.

Softball entry forms now available

The 1981 intramural slow-pitch softball entry forms are now available for pickup at the Special Services office. The league is tentatively scheduled to start in early May.

There will be a mandatory meeting of all team captains or a representative of the team at 11:30 a.m. on April 1, at the Oak Knoll gymnasium. This meeting is necessary in order to go over rule changes, and to set up the practice schedule for all teams.

For further information on the 1981 softball season, contact Ron Brown at Ext. 2350.

'Son riders' on the move

The "Son Riders" motorcycle club will hold its monthly breakfast meeting and motorcycle ride on Saturday, April 4.

The meeting will take place at the Carnation Restaurant at 9 a.m. To get to the restaurant, take Highway 580 to Hopyard Rd. in Pleasanton. Keep to the right on Hopyard Rd., and you will see the Carnation on the right.

All interested personnel are welcome to attend this ride. For more information, call Don Woods at (work) 582-4604 or (home) 538-6643.

Yosemite trip planned for May

Oak Knoll Special Services has arranged a special Yosemite trip in May for interested medical center personnel, their dependents, and retired military personnel.

Springtime may be the most spectacular time to visit Yosemite National Park. The falls and streams are filled with water and the dogwood is blooming.

Hike, bike ride, climb Half Dome, visit Glacier Point, take, or better yet draw, pictures, or just bask in the spring sun.

Lodging will be in tent cabins at Camp Curry (no food in the tents or you might have a big, hairy visitor during the night). The bus will leave NRMCC Oakland at 11 a.m. on Saturday, May 16. The trip includes two nights at Yosemite. You will be returned to the hospital complex on Monday at 8:30 p.m.

The total price per person single or double occupancy will be \$48.50, triple occupancy will be \$45. This includes round trip bus fare on a deluxe motor coach and the two nights lodging at Camp Curry.

If sufficient reservations for this trip are not received before April 16, it will be subject to cancellation. A \$15 deposit will hold your space on this popular trip, which is refundable until the April 16 deadline.

For additional information, call Sally at Ext. 2479 or 632-0307.

Off duty ---

Golf tournament slated for Army-Navy match

In the interest of fostering good will and competitive spirit in the Bay Area, the first annual Army-Navy Golf Tournament will be held at the Presidio Golf Course on April 8, commencing at 12 noon.

Army golfers promise tough competition but Navy expects to come on strong. A perpetual trophy will be awarded to the winning team.

This friendly competition will match 16 naval officers against their Army counterparts. Commanders and Com-

manding Officers are encouraged to participate.

Green fees for non-Presidio Army Golf Course Members are \$10, while use of golf carts will be \$12. An entry fee of \$3.50 per player will be charged to cover hors d'oeuvres at a no-host fellowship hour following the match. Spouses are encouraged to attend the social gathering.

For more information on this tournament, contact Ron Brown at Ext. 2350.

MOVIES

- Friday, Mar. 27, 6:30 p.m.—THE LEGACY—Sam Elliott, Katherine Ross—Horror/R
- Saturday, Mar. 28, 1 p.m.—CANDLESHOE—Helen Hayes, David Niven—Comedy/G
- Saturday, Mar. 28, 2:50 p.m.—THE DAYBREAKERS—Glen Ford, Ruth Roman—Western/PG
- Sunday, Mar. 29, 6:30 p.m.—KILLER FISH—Lee Majors, Karen Black—Action/PG
- Monday, Mar. 30, 6:30 p.m.—THE AMITYVILLE HORROR—Rod Steiger, James Brolin—Horror/R
- Tuesday, Mar. 31, 6:30 p.m.—FLASH GORDON—Sam J. Jones, Melody Anderson—Action/PG
- Wednesday, Apr. 1, 6:30 p.m.—MELVIN AND HOWARD—Paul LeMat, Jason Robards—Comedy/R
- Thursday, Apr. 2, 6:30 p.m.—THE JAZZ SINGER—Neil Diamond, Lucie Arnaz—Musical Drama/PG
- Friday, Apr. 3, 6:30 p.m.—THE GREAT SANTINI—Robert Duvall, Blythe Danner—Drama/PG
- Saturday, Apr. 4, 1 p.m.—THE RESCUERS—Animated Cartoon—Adventure/G
- Saturday, Apr. 4, 2:25 p.m.—PROPHECY—Talia Shire, Robert Foxworth—Horror/PG
- Sunday, Apr. 5, 6:30 p.m.—ACAPULCO GOLD—Marjoe Gortner, Robert Lansing—Drama/R
- Monday, Apr. 6, 6:30 p.m.—SECRETS—Jacqueline Bisset, Per Oscarsson—Drama/R
- Tuesday, Apr. 7, 6:30 p.m.—ORDINARY PEOPLE—Donald Sutherland, Mary Tyler Moore—Drama/R
- Wednesday, Apr. 8, 6:30 p.m.—THE STUNT MAN—Peter O'Toole, Steve Railsback—Action-Drama/R
- Thursday, Apr. 9, 6:30 p.m.—FRIDAY THE 13TH—Jeananne Taylor, Robbi Morgan—Horror/R

Quals listed for sports camp

Doctor A. William Fleming, Sports Coordinator for the U. S. Navy, has released minimum standards for track and field that may help you get selected to a sports training camp. If you think you can top the times or distances listed below, then you should contact Ron Brown at Ext. 2350 for a tryout.

The times listed below are minimum standards only, and do not mean that you will be automatically selected to the training camp.

Event	Men	Women
100M	11.0	13.0
200M	23.0	26.5
400M	49.5	59.5
800M	1:53.0	2:30.0
1500M	4:10	4:55
5000M	16:0	27:0
10,000M	34:0	-
300M Steeplechase	11:0	-
110M Hurdles	15:0	17:0
400M Hurdles	54:0	1:05
400M Relay	-	-
1600M Relay	13'6"	-
Pole Vault	6'5"	5'
High Jump	23'	15'
Long Jump	45'	-
Triple Jump	45'	30'
Shot Put	160'	75'
Discus Throw	150'	-
Hammer Throw	175'	100'
Javelin Throw	-	-



BIG THUNDER FUN—Disneyland's newest attraction, "Big Thunder Mountain Railroad," offers a thrilling excursion aboard a runaway mine train. Military personnel will have the opportunity to enjoy this Frontierland adventure along with the park's other 56 attractions when a special unlimited use ticket becomes available to them from April 1 through June 19. Tickets may be purchased for \$7.50 per person at Special Services.

Disneyland offers military discount

Members of the armed services will have the opportunity to enjoy their favorite Disneyland attractions as many times as they wish when an unlimited use ticket becomes available to them daily from April 1 through June 19.

This ticket is offered to military personnel, their families and friends for the special price of \$7.50 per person, which includes unlimited use of the Magic Kingdom's more than 50 attractions.

Available throughout this event will be the space age experiences of Tomorrowland, the storybook tales of Fantasyland, the southern charm of New Orleans Square plus the fun of the park's other exciting "theme" lands. Guests may ride the Magic Kingdom's latest action-packed thriller, "Big Thunder Mountain Railroad," a rip-roaring journey aboard a "runaway" mine train of the Old West.

Musical styles to suit nearly every taste will also be featured at various locations throughout the park.

Dancing to the best of today's rock and disco tunes will be offered at Tomorrowland Terrace, while at New Orleans Square's French Market, the mellow southern tunes of the Royal St. Bachelors will fill the air. In Frontierland, the Golden Horseshoe Revue will entertain with its rousing style of Old West fun at the Golden Horseshoe Saloon.

Tickets for this special armed services offer may be purchased by military personnel at Special Services.

Disneyland will be open daily during these days for the military and their families and friends. For specific operating hours please call Disneyland Information at (714) 999-4565.

Women's bowling tourney coming

The Central Pacific Regional Women's bowling tournament will be held at the Tailhook Bowling Lanes, Naval Air Station, Lemoore, Calif., April 10 through April 12 starting at 1 p.m. All interested participants must attend a meeting at 12 noon on April 10 at the bowling lanes.

There will be 18 games (singles only) bowled in increments of six games over a three-day period.

This tournament is open to all active duty Navy, Marine Corps and Coast Guard personnel within the Central Pacific Region.

There will not be an average requirement for this tournament due to the small number of participants in recent years.

Awards will be presented to the six highest individual scorers. A high game and high series award will also be presented. To qualify for the high series award, the series must be rolled in either the first three or second three games rolled in each of the tournament days. A high game may be rolled at any time.

For additional information, interested personnel may contact Ron Brown at Ext. 2350.

Happy Easter!

THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 43, No. 7

Friday, April 10, 1981

'Strong and Ready' theme of 1981 Armed Forces Day

Saturday, May 16 has been designated as Armed Forces Day, with the theme, "The U.S. Armed Forces—Strong and Ready."

The Department of Defense specifically desires to portray to communities throughout America a sense of patriotic commitment by our personnel in uniform. A message from the Secretary of the Navy reads, in part: "This is an excellent opportunity to demonstrate to the public the pride and professionalism of our Navy men and women, and all personnel are encouraged to wear their uniforms whether on or off duty throughout the (Armed Forces) week."

National kick-off for 1981 Armed Forces Day activities will feature the fourth annual Joint-Service Armed Forces Day Open House at Andrews Air Force Base, Md., on May 9. All military services, U.S. Coast Guard, National Guard and Reserve in the Washington, D.C. metropolitan area will participate in this event.

In addition, major activities are being held at the following 15 Department of Defense regional sites during this period: Anchorage, Alaska; Atlanta; Boston; Charleston, S.C.; Chicago; Denver; Honolulu; Houston; Kansas City, Kan.; New York City; Orlando, Fla.; San Antonio, Texas; Seattle; San

Francisco and Torrance, Calif.

Although planning is not complete, an all-service committee under chairmanship of Headquarters, Sixth Army, is organizing the San Francisco observance, which will begin May 14 with a luncheon. Displays, demonstrations and a parade will be held in San Francisco on May 15, with additional exhibits and ships open on Saturday, May 16.

The parade on Friday will begin at Justin Herman Park at 10 a.m., move west on California to Montgomery, south on Montgomery across Market, and will continue south down New Montgomery to Howard. Friday's displays are planned for three downtown areas, including Union Square and the Civic Center. Saturday's exhibits/ships will be located at Piers 39 and 45, Ghirardelli Square, Aquatic Park, and possibly Marina Green.

An Armed Forces Ball is also planned for Treasure Island.

Naval Regional Medical Center Oakland will be represented in the Saturday exhibits and Lieutenant (junior grade) Arthur Fox will serve as site coordinator for Friday's events at the Civic Center.

More details on the San Francisco observance will be published in Oak Leaf as plans develop.

Prime rib special slated for AF Week

The Naval Regional Medical Center Oakland command and its Food Service department offer a special salute to Armed Forces Week and an appreciation to all center staff members on Thursday, May 14.

On that day the hospital dining room luncheon menu will feature PRIME RIB with no increase in price.

Effective April 20

Uniform changes announced, Summer Blues are back

Effective April 20, Bay Area Navy commands will be converting to summer uniforms. The following uniforms will be prescribed as Uniforms of the Day on that date:

Officers/Chief Petty Officers (Male)—Summer Khaki with combination cover (Primary-P) and Summer blue (Alternative-A).

Officers/Chief Petty Officers (Female)—Summer Blue "A/B" with combination cover (P); Summer Khaki "A/B" with combination cover (A).

Enlisted E1-E6 (Female)—Summer Blue "A/B" with combination cover.

Enlisted E1-E6 (Male)—Summer Blue (P); Service Dress White Jumper (Optional-O).

Working Uniform of the Day for patient care and patient contact areas will be:

Officers/Chief Petty Officers (Male)—Summer white with ribbons.

Nurse Corps Officers—Indoor Duty

White "A/B".

Officers/Chief Petty Officers/Enlisted E1-E6 (Female)—Summer Blue "A/B" (P); Indoor Duty White "B" (A).

Enlisted E1-E6 (Male)—Summer White with ribbons (P); Service Dress White Jumper without neckerchief and ribbons (O).

Working Uniforms for the environment where soiling of clothing is expected will be:

Officers/Chief Petty Officers—Working Khaki.

Enlisted E1-E6—Dungarees.

Effective May 1, E1-E6 men will wear the combination cover only with Service Dress Blue Coat style uniform. The white hat will be worn with all other uniforms.

Officers and Chief Petty Officers are encouraged to wear the Khaki Uniform, as it is considered to be distinctive to their grades.

Art exhibit/auction tonight to benefit charitable projects

The Naval Regional Medical Center Officers' Auxiliary encourages Oak Knoll personnel to bring their spouses and friends to its fourth annual art auction to be held tonight in the Officers' Club.

"This is a fine opportunity to collect fine art at bargain prices," said Mrs. Jane Meshier, exhibit/auction coordinator. Art for auction will include oils, lithographs, serigraphs, etchings, woodcuts and prints, all beautifully framed. Famous masters represented are Rockwell, Henrie, Dali, Picasso, Miro and Chagall.

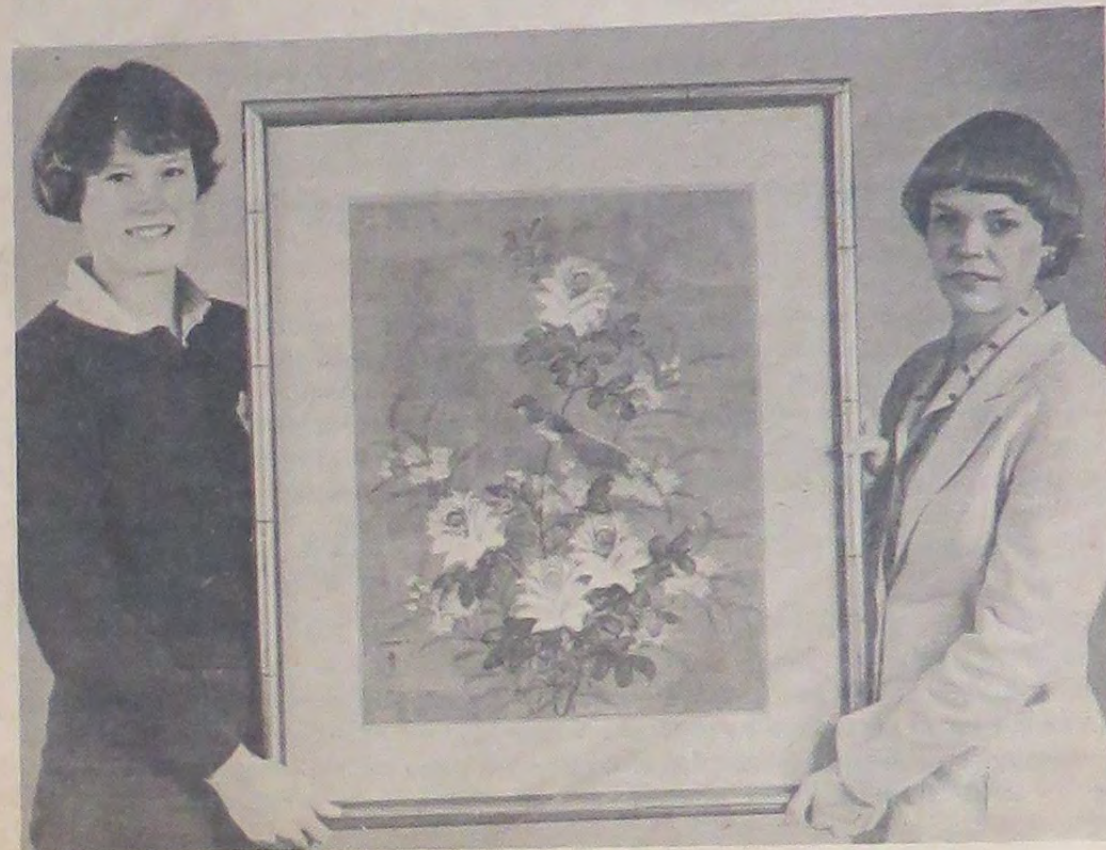
Proceeds from the auction are used for the auxiliary's charitable projects, primarily the scholarship fund. Club officers say that since profits go to this philanthropic benefit, purchasers may

be able to claim a deduction of 25 percent of the purchase price on income tax reports.

Activity will begin at 6:30 p.m., followed by the auction at 7:30 p.m. Admission price is \$2 each and hors d'oeuvres will be served.

Selections will be on display in the ballroom. If interested in any particular piece, the bidder adds a marker beside it—if someone else has not already done so. When the auction begins, the bidder raises his/her card when the auctioneer suggests an agreeable price. If there is no competition, the sale is made. Last year the cost of individual art varied from \$15 to \$500.

Purchases may be paid for with cash or check or charged to VISA or Master Charge.



SOMEBODY'S PRIZE—Mrs. Margie Holm (left) and Mrs. Jane Meshier preview the piece of art some lucky person may win as a door prize tonight at the NRMC Officers' Auxiliary annual auction. Mrs. Holm is program chairman and Mrs. Meshier exhibit/auction coordinator.

Oak Knoll corpsman returns from basketball championship

Hospitalman (HN) Stephanie A. Atkinson has just returned from the 1981 Interservice Women's Basketball Championship held at Chanute Air Force Base in Illinois. HN Atkinson, playing in the forward position, was a member of the All-Navy women's basketball team during the January-March season.

The Navy team played many preparation games for this championship, which took it up and down the coast of California to various military installations for full court matchups.

In the championships at Chanute, the Navy team was able to capture second place overall and a silver medal after elimination games with Air Force, Army, and Marine Corps teams.

"Naturally I was honored to be selected along with 11 other women to represent the Navy in the interservice basketball tournament," said Stephanie. "It was one of the most rewarding experiences of my young Navy career. Of course I'm very grateful to my superiors for allowing me the opportunity to have the time off to play basketball and to act as a recruiter to the many college opponents and various fans. The most exciting moment was standing on the victory stand, receiving a silver medal, and hearing the announcer say—**Number 22, Stephanie Atkinson, NRMC Oakland!**"

The young Navy woman has worked as the area coordinator of the 9th floor in the past, and is anticipating a

transfer to the Patient Affairs Office in the near future. She has been assigned to Oak Knoll for seven months and has been in the Navy for one year.

HN Atkinson attended Hospital Corpsman "A" school in Great Lakes, Ill., and Field Medical Service school in Camp Lejeune, N.C. before reporting to NRMC Oakland.

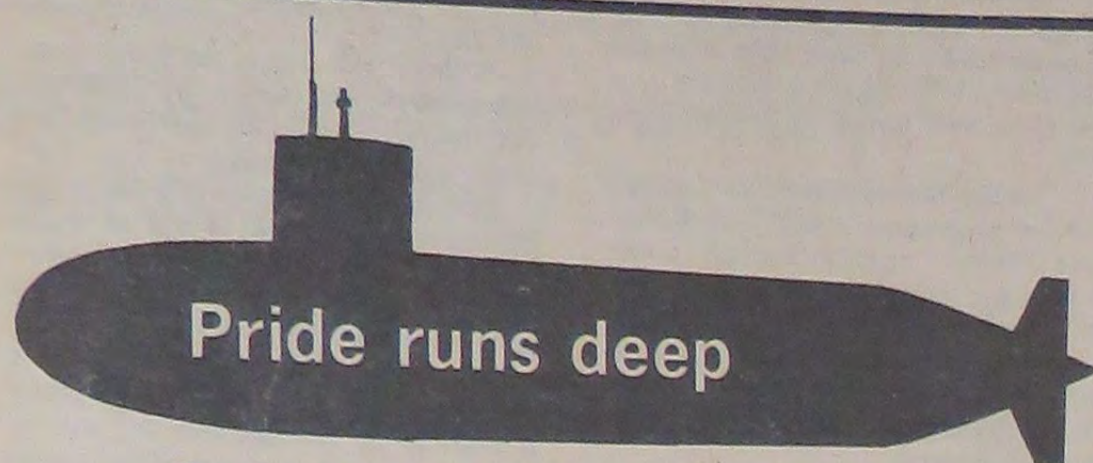
Stephanie obtained her LVN in her home town of San Bernardino, Calif., before she entered the service.

In addition to basketball, she enjoys softball and jogging, and also has an interest in creative writing.



HN Stephanie Atkinson

EDITORIAL



Sub service 81 years old

WASHINGTON (NES)—On April 11, 1900, the U. S. Navy commissioned a 54-foot "steel submarine torpedo-boat"—the USS HOLLAND (SS 1)—marking the beginning of this nation's submarine force.

Since then, the submarine has been an integral part of the fleet and today, propelled by nuclear power, the submarine has become one of the nation's prime deterrent forces.

More 'black' products needed?

Editor:

This is a letter to make those people in charge of the Navy Exchange aware of the fact that they do not have a large selection of black products. The black military personnel must go off base when they need to make a purchase.

It is unbelievable that there is not a better selection to choose from. Is there anything that can be done to improve this problem? It seems that the black products are completely ignored—example: hair products, cosmetics and men's toiletries.

HM3 Joseph W. Walters
PERSUPPDET

(Editor's Note: Oak Leaf explored your problem with the Exchange Manager, who assured this paper that the local Navy Exchange does stock an assortment of special black grooming aids, such as hair products, combs and skin creams. The brand names are those prescribed by the Navy Resale System which selects brands proven by sales record to be most popular with customers worldwide. Discuss your specific desires with Mr. Miller or Mr. Johnson in Bldg. 38, who will try to stock the items you want it if it is at all possible.)

The US: an island nation

"We've become an island nation," Secretary of Defense Caspar Weinberger said during an interview recently on NBC's Today Show.

"The defense of this nation is going to depend to a very considerable extent on our ability to keep the sea lanes open, and keep long lines of communication open and long lines of resupply open."

'Peace through strength' pledged

Vice President George Bush helped launch the Navy's newest nuclear-powered attack submarine, HOUSTON (SSN 713), on March 21, in ceremonies at Newport News, Va.

The Vice President said "peace through strength" is the central theme of the Reagan administration and HOUSTON's launching is "symbolic of a renewed determination and commitment by the American people and their leaders that our country must not be—and will not be—second to any other nation in naval power."

He continued by saying, "President Reagan is determined that America's naval tradition will be strengthened."

Words of wit and wisdom:

BLESSED IS HE WHO EXPECTS NOTHING,
FOR HE SHALL NEVER BE DISAPPOINTED.

DEATH is nature's way of telling you to SLOW DOWN.

Your day goes the same way the corners of your mouth turn.

Following the path of least resistance is what makes men and rivers crooked.

Good supervision is the art of getting average people to do superior work.

Everyone is too old for something, but no one is too old for everything.

Some people are like blisters. They don't show up until the work is finished.

Enjoy yourself, these are the 'good old days' you are going to miss some day.

To err is human; to really foul up requires a computer!

This is communication?

Two paper cups and a piece of string. As a communication system, they're only as useful as the ears one holds to the cups. In the communication process, good listening is as vital as good speaking or writing. If you don't believe it, take heed of the following:

A Commanding officer issued the following order to his executive officer: "Tomorrow evening at approximately 2000, Halley's comet will be visible in the area, an event which occurs only once every 75 years. Have the men fall in on the pier in dungarees and I will explain this rare phenomenon to them. In case of rain, we will not be able to see anything, so assemble the men on the mess decks and I will show them films of it."

The executive officer told the department head:

"By order of the commanding officer, tomorrow at 2000, Halley's comet will appear above the pier. If it rains, fall the men out in dungarees, then proceed to the mess decks where the rare phenomenon will take place—something which occurs only once every 75 years."

The division officer told the leading petty officer:

"Tomorrow at 2000, the commanding officer will appear on the mess decks with Halley's comet—something which happens every 75 years. If it rains, the commanding officer, in dungarees, will order the comet onto the pier."

The leading petty officer passed the word to the division personnel:

"When it rains tomorrow at 2000, the phenomenal 75-year-old Admiral Halley, accompanied by the commanding officer, will drive his comet off the pier in dungarees." (NES—Courtesy of PACFACTS, Pacific Division, Naval Facilities Engineering Command)

As it is and always will be

What's your pet peeve? These are some that aggravate me:

- The motorist who obviously continues his/her straight, steady course with a turn signal blinking.
- The driver who suddenly decides to take an off-ramp from the middle lane.
- The newscaster who throws your paper on the roof or under your car.
- The person who uses the shower above the bathtub and leaves the lever in the up-position.
- The rude individual who leaves a building without regard to someone behind him, letting the door swing into the face of the second one out.
- The household partner who uses the last of the toilet tissue roll and doesn't replace it.
- The mailman who delivers everyone else's mail to your home and yours to the neighbors.
- The vending machine that eats your coins and gives nothing in return.
- The traffic light on a busy corner that remains stuck on red.
- The electricity that goes off at night while you're in the shower.

Sound familiar? Chances are we all share these common peeves and several more. Life, alas, can sometimes be one big stress factor.

All of which puts me in mind of a joke recently passed on at lunch in the main dining room:

Tarzan swung into his treehouse and asked Jane to make him a drink. After gulping it down rapidly, he ordered another, then still another, this time double. Since Tarzan usually didn't drink anything stronger than tiger's milk, Jane asked why he was drinking so much. "Oh Jane," he replied, "you don't know what a day I've had! It's literally A JUNGLE out there..."

Moral of the story: Some days the world is full of apes... and turkeys too. (BB)

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Wrong country

In the last issue of Oak Leaf, we reported that HMC Kurt W. Fuchs had transferred to Jakarta, India, when in fact he has been transferred to Jakarta, Indonesia.

We regret this very obvious error.



Friday, April 10, 1981

For briefings, tour

St. Louis U interns, RADM Backer visit

Rear Admiral Matt H. Backer, Jr., MC, USNR, Director of Medical Reserve Recruiting Career Development and Communications, and 16 medical ensigns from the St. Louis University visited the medical center on April 2. They were accompanied by Chief Hospital Corpsman James J. Cregan, Jr., a Pearl Harbor survivor and a former member of the Oak Knoll staff.

Rear Admiral Walter M. Lonergan, NRMCO Oakland Commanding Officer, welcomed the group in the third floor conference room.

While RADM Backer spoke with 16 staff physicians scheduled soon to be released from active duty, the medical ensigns were taken on a tour of the hospital by Captain Warren W. Hodge, Regional Health Care Coordinator, and Lieutenant Commander Robert B. Dag-

gett, Chief of Outpatient Service.

Lunch was held in the Officers' Dining Room, followed by informal staff briefings from Dr. Henry Adams, Intern; Dr. Frederick Cason, Resident; Dr. Bonnie Potter, Staff; Dr. Connor Smith, Aviation Medicine; Dr. Richard Hooper, Preventive Medicine, and Dr. Gregg Parker, Submarine Medicine. A social in the Officers' Club ended the day at Oak Knoll.

St. Louis University medical interns making the trip were Brian Aprill, Melissa Copeland, David Crumley, Kevin DeMarco, Thomas Gambone, Matt Gibb, Steven Girolami, Cary Goepert, Bruce Gronkiewicz, Richard Janey, Joseph Mondschein, Joseph Mulcahy, James Rice, Richard Summa, James Swenson and Mary Jane Thorpe.

Chabot College celebrates 20th

Naval Regional Medical Center Oakland Pharmacy Service is represented today in Expo '81, a celebration commemorating the 20th anniversary of Chabot College in Hayward.

Several on-campus activities are scheduled throughout today and this evening. Among these activities are exhibits related to various health careers.

Commander Noel A. Hyde of Pharmacy Service will be in attendance part of the day at an information booth for the Hospital Pharmacy Technician Program.

NRMCO has a standing agreement with Chabot College to provide on-site training for college students seeking careers in the pharmacy field.

College counseling now available

Navy Campus for Achievement counselors are now available to interested personnel on a regular appointment basis each Friday.

Counseling is available on such subjects as off duty educational opportunities, college program planning, evaluation of college courses, Navy service schools credits, and College Level Examination Programs (CLEP).

Degree contracts for 18 colleges are

available, leading to AS, AA, BS, and BA degrees.

Information and forms are available for tuition assistance and GI Bill benefits.

Appointments can be made with a Navy Campus for Achievement counselor by calling Senior Chief Hospital Corpsman Andres Latigue at Ext. 2110.

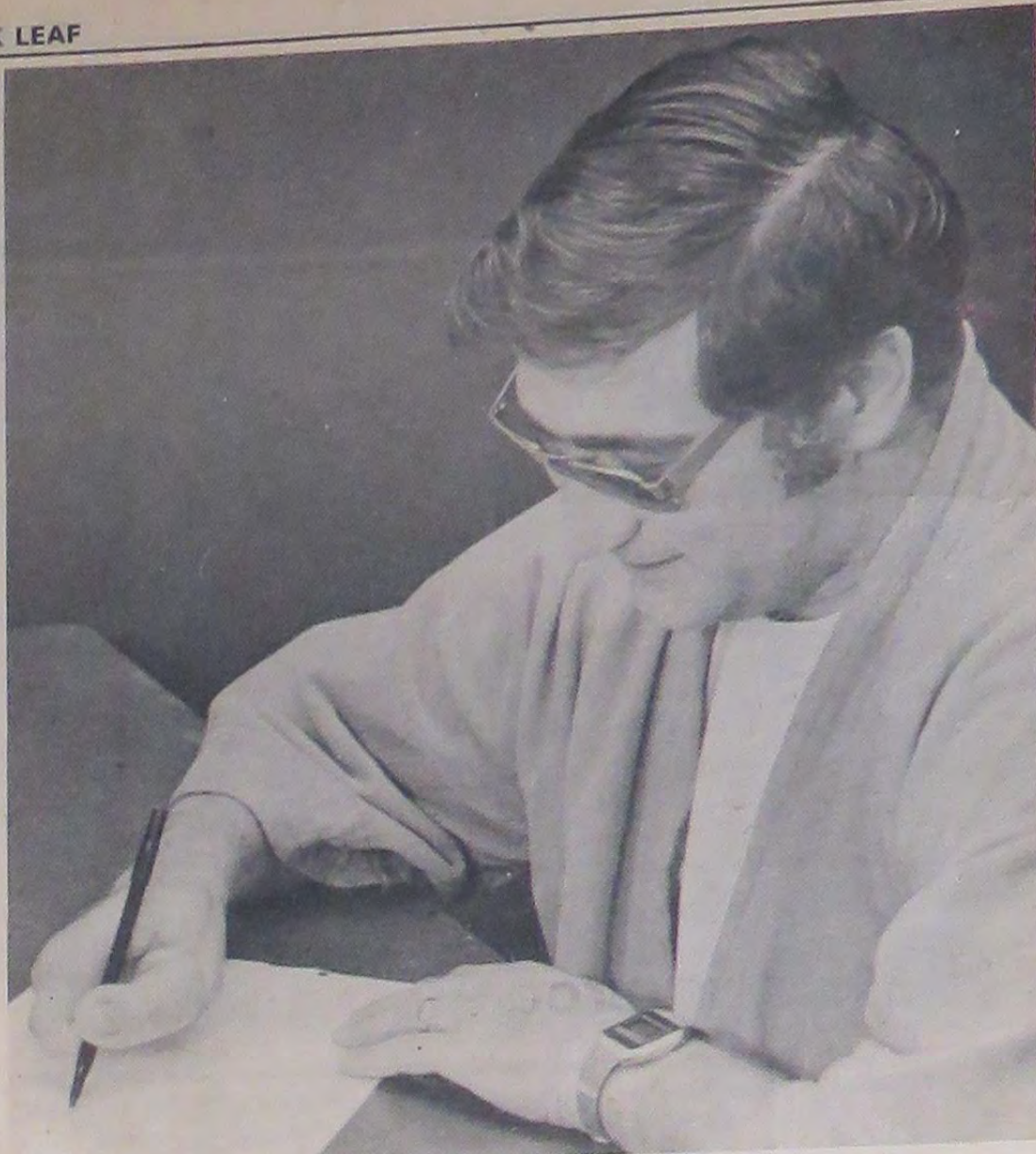
Two will attend executive program

Captain Richard A. Pratt, Chief of Neurosurgery, and Captain Robert L. Donnell, Chief of Internal Medicine, will attend the Executive Medicine Program at the Naval School of Health Sciences in Bethesda, April 13-24.

The program consists primarily of a two-week period of formal management training. The major objective of the program is to challenge and stimulate the executives through exposure to the complex and demanding world of the manager and the vital role management can play in the delivery of health care.



PASSING THE BUCK—Alameda Fleet Reserve Association Branch 87 recently presented a \$50 check to Rear Admiral Walter M. Lonergan to add to the command's recreation fund. Presenting the check to the admiral is Henry D. Pedrick, branch president, while past president John H. Durgess looks on.



MAKING PROGRESS—Chief Electrician's Mate Deane E. Rapp, the Oak Knoll patient who, on Jan. 20, had two of his toes transplanted to the stumps of a thumb and opposable digit, returned to Naval Regional Medical Center, Oakland, recently to have a minor skin graft performed on his foot. Chief Rapp is making good progress and is now able to sign his name by grasping a pen between the transplanted toes on his right hand. He left April 2 for further recuperation at his home near San Diego.

Project Handclasp

More than \$2 million in goods transported by Navy for needy

The U. S. Navy's *Project Handclasp* was established several years ago for the purpose of promoting mutual understanding, respect and goodwill through direct person-to-person contact between Americans and citizens of other lands.

Last year *Project Handclasp* received donations consisting of food, clothing, medical and hygienic supplies, laundry compound, household products, new treadle sewing machines, textbooks, vegetable seed, etc., from individuals, service and religious organizations, and industry throughout the United States.

These materials were sorted, packed, palletized and transported overseas aboard 30 U. S. Navy ships on a space-available basis. Shipments were sent to Truk, Satawan, New Guinea, Guadalcanal, Korea, the Philippines, Thailand (to assist the refugees), Somalia, Djibouti, Equatorial Guinea, Sierra Leone, the Azores (to aid victims of the Jan. 1, 1980 earthquake) and to 20 other known countries/islands worldwide.

Distribution was carried out by U. S. service personnel acting as ambassadors of goodwill representing all the people of the United States.

The overseas shipment of more than 1,400,000 pounds of humanitarian material—valued conservatively at \$2,100,000—marked 1980 as another highly successful year. More

than 3,200 serialized letters were originated to coordinate the avid support of a nationwide network of individuals, corporations and organizations, both military and civilian, responsible for this success.

Project Handclasp looks forward with high optimism to another successful year for the U. S. Navy's overseas people-to-people program.



Chaplain on TV

Recently reported Chaplain (Lieutenant Junior Grade) M. Kathy Brown was one of a panel of ministers who appeared on a talk show on March 22.

The program was "The Religious View" and was shown on the Cable 12 network, taped a day in advance at the Oakland Christian Center. Moderators were Bob Jackson and Lester Hughes.

EASTERER NOW WESTERNER—Lieutenant Commander Bruce Panas, Chief of Food Management Services at this command, has been listed for the third time in *Who's Who in the West*, a publication issued every two years which carries a synopsis of achievers, both in the military and civilian professional fields. LCDR Panas is a New Yorker by birth.

For your info---



REMEMBERING—Several civilian employees of Naval Regional Medical Center Oakland have joined the national plea to wear a green ribbon until the murderer of at least 21 Atlanta children has been caught and brought to justice. Here Alice "Sandy" Sanders (right) pins a ribbon to the sweater of Debbie Padilla. Both are employed in Operating Management Service.

Career Capsules

By HM1 Barbara Heep
Career Counselor

Career Reenlistment Objectives (CREO) is a personnel management system designed to provide current goals and direction for retention, conversion and certain enlistment procurement programs.

There are five groups established within the CREO system. Groups A through E reflect specific conditions of career manning within individual ratings, ranging from extremely short to excessively overmanned, as explained below:

- Group A—Manning is less than 80 percent.
- Group B—Manning is between 80 and 89 percent.
- Group C—Manning is stabilized at approximately 90 and 100 percent.
- Group D—Manning is between 101 and 105 percent. First term reenlistments are not directly controlled; however in order to reduce overmanning, second term reenlistments are controlled and conversions to other ratings or non-continuation may be employed.

• Group E—Manned in excess of 105 percent. These ratings are under direct control of Commander, Navy Military Personnel Command (NMPC). Approval is required on all first term reenlistments or extensions to initial enlistments, including extensions of active duty for Naval Reservists. NMPC approval for subsequent reenlistments may also be required.

Additionally CREO groups have been established for women and the particular rating's CREO group status determines whether a woman may reenlist despite the possibility that the male CREO group for the same rating may be different. At the present time the existing female force structure will not allow CREO categories to be assigned.

Some of the current CREO Groups are:

	Male	Female
HM	C	D
DT	C	C
LN	B	B
BT	B	—
OS	A	C
QM	B	C
MM	A	—
MA	C	A
SM	A	C
MS	C	C
BM	C	B
RP	A	B
HT	B	A

CREO Categories (established only for men)

	E-4	E-5	E-6	E-7	E-8	E-9
HM	B	B	D	C	C	C
DT	C	C	D	C	B	C
LN	—	A	C	C	C	C
BT	D	A	A	D	C	B
OS	A	A	A	A	A	A
QM	D	A	B	B	C	C
MM	A	B	A	C	D	B
MA	—	—	C	B	B	B
SM	A	A	C	C	B	B
MS	B	C	D	C	A	B
BM	D	B	D	C	C	B
RP	A	A	A	A	A	A
HT	D	A	A	C	D	A

If you would like to have more information on the CREO system and how it affects your career, contact one of the command Career Counselors.

Defense officer personnel management act underway

The Defense Officer Personnel Management Act (DOPMA) amends Title 10 of the U. S. Code as an effort to make uniform the provisions of law relating to appointment, promotion, separation and retirement of regular commissioned officers of the Army, Navy, Air Force and Marine Corps. The bill also equalizes the promotion standards for men and women officers and establishes a one star rank for the Navy, to be called commodore admiral.

This legislation imposes new grade limitations on the service for the ranks of O-4/5/6 and creates a five percent reduction to the maximum limitations of these senior officer grades. However, no actual reduction in the number of officers will be required since the Navy is currently below the new ceilings. DOPMA establishes a single permanent promotion structure for each service and eliminates the running-mate system for officer promotions in the Navy.

It also establishes standardized career expectations of 30 years for captains and 28 years for commanders.

The bill indicates that lieutenants and lieutenant commanders who twice fail selection to the next higher grade will be subject to involuntary separation or retirement (if eligible). But, the Secretary of the Navy may convene boards

to recommend O-3s and O-4s for continuation on active duty up to 20 and 24 years, respectively, when the needs of the service dictate such action.

DOPMA also includes selective early retirement provisions for O-5s and O-6s. SecNav may conduct continuation boards for officers who have five years as captains and for those commanders who have twice failed for selection. The bill requires service in a paygrade for three years before an officer may request voluntary retirement in that grade. DOPMA raises the maximum amount of separation pay that may be given to an officer from \$15,000 to \$30,000.

This compromise version of the bill was supported by the Chief of Naval Personnel after a series of negotiations and modifications which incorporated features desired by the Navy. Implementation of DOPMA by Sept. 15, 1981, will require significant revisions to current policy and directives. However, there will be no significant cuts to existing officer inventory, nor will promotion timing and opportunity be adversely affected. DOPMA provides an officer management system which affords more flexibility in meeting requirements of the services and accommodating the careers of the individuals. (NES)

VEAP doubles dollars for educational purposes

How would you like to triple your savings? When you enlisted, did you just miss getting the G.I. Bill? Are you also interested in continuing your education? If your answer to any of these questions is yes, Uncle Sam can help.

Created by Congress in 1976, the Veterans Educational Assistance Program (VEAP) is a voluntary plan open to military members who initially entered the service after Dec. 31, 1976. Those members who participate in VEAP can now contribute \$25 to \$100 each month to an educational fund. For each dollar placed in the fund, the government will add \$2.

Additionally, lump sum contributions are now authorized; however, the total individual contribution (lump sum plus monthly payment) may not exceed \$2,700.

Servicemembers are entitled to the total amount in their account after completing their initial enlistment or period of obligated service, if they use it in a Veterans Administration-approved educational program. Educa-

tional payments can be made to participants on active duty after they complete their first obligated service period.

Participants who elect, for example, the \$75 per month allotment deducted from their pay for three years, may receive \$8,100 in educational benefits—\$2,700 individual contribution plus \$5,400 added by the VA. The \$8,100 will be paid in 36 installments of \$225 for each month of full-time college or vocational/technical training completed.

The entitlement for part-time students will extend over a longer time period, and the educational assistance allowance payments will be less.

For more details about VEAP, contact your educational services officer or your local VA office. (NES)

(Editor's Note: According to the VA, more than \$34 million designated for veterans' education payments remains untouched. The VA is asking those veterans who have participated in VEAP, and who have yet to seek additional education, to do so and lay claim to their funds.)

Get your uniforms here!

Need made-to-order uniforms? Tired of leaving a uniform shop empty-handed? You say you want the latest style in naval attire? Well, help is on the way.

The Navy Resale System provides special order service for items not in stock and provides made-to-measure uniforms which may be special ordered through the uniform shop in your Navy Exchange.

Patrons may order uniform items directly from:

Clothing Officer
Naval Administrative Command
Building 1312
Great Lakes, IL 60088
AUTOVON 792-3626

Naval Uniform Shop
3rd Avenue and 29th Street
Brooklyn, N. Y. 11232
AUTOVON 456-2713

Clothing Officer (NAC-45)
Naval Administrative Command
Orlando, FL 32813
AUTOVON 791-4157
(NES)

Friday, April 10, 1981

THE OAK LEAF

People make news ---

Kudos.

Augmentations

Lieutenant (junior grade) Brian Clayton, NC, Nursing Service.
Lieutenant Helen Howell, NC, Nursing Service.

Lieutenant (junior grade) Victoria Brooks, NC, Nursing Service.

Letters of Appreciation

Hospital Corpsman Second Class Deborah Marshall, Psychiatry.
Lieutenant Commander Carol Tomsy, formerly of Staff Education.

Hospital Corpsman Third Class Donald Staub, ARS.

Awards

Chief Hospital Corpsman Dom Datu, PMS, for duty at NRMCMC Subic Bay.

Hospital Corpsman Third Class Donald Staub, ARS, Good Conduct Award.

Certificate

Hospital Corpsman First Class Daniel Lewis, Graves Registration Specialist Course.

LCDR Snook gets top honors

Lieutenant Commander Darrell F. Snook has been selected by the Executive Committee of the University of the Pacific, School of Pharmacy to receive "The Clinical Pharmacy Preceptor of the Year Award," during the university's 23rd annual School of Pharmacy Commencement. The ceremony will take place on the School of Pharmacy's main campus at 10 a.m. on Sunday, May 17.
Lieutenant Commander Snook earned this award for his continuing assistance in working with the college's pharmacy students.

HM3 Baldwin is SOM for March

Hospital Corpsman Third Class William R. Baldwin has been selected as Naval Regional Medical Center Oakland's Sailor of the Month for March.

The 24 year-old Huntsville, Ala. resident has been onboard Oak Knoll for one year, and has worked in the Military Manpower Service as an administrative assistant.



HM3 William R. Baldwin

Petty Officer Baldwin will be transferring to San Diego in September to attend Advanced Laboratory Technician School. He has also completed a course to become a nurse's aide in his hometown, where he became certified in that field.

Although he has been stationed at Oak Knoll for just one year, Petty Officer Baldwin has also received a Letter of Appreciation from this command for his demonstrated ability to accomplish tasks in all of the different areas of the Military Manpower office.

When asked of his selection, for Sailor of the Month, Petty Officer Baldwin said, "I feel a sense of accomplishment in being recognized for my work in the office. It's nice to know that the Navy appreciates and recognizes those people who make this service as professional as it is. The Navy has been good for me personally, and I'm glad to give back what I can."

The son of Mr. and Mrs. William P. Baldwin of Huntsville enjoys reading and movies in his off duty time, and is a self-proclaimed "avid sports spectator."

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Commander Carol Tomsy, Staff Education, to UCLA.

Hospitalman Donald Brittain, Staff Education, to USS GOLDSBOROUGH.

Master Chief Hospital Corpsman Lawrence Davis, EOPS, to Fleet Reserve.

Hospital Corpsman Third Class Bert Haddis, BEQ, Honorably Discharged.

Hospital Corpsman Second Class James Henry, Post Office, to USS FORT FISHER.

Machinist Mate Second Class Stephen Kuester, Security, to USS ENTERPRISE.

Hospital Corpsman Second Class Bruce Obyrn, X-ray, Honorably Discharged.

Hospital Corpsman Third Class Paul Pacetti, Security, Honorably Discharged.

Hospital Corpsman Third Class Arnold Smith, Nursing Service, to Fort Sam Houston.

Hospital Corpsman Third Class Donald Staub, ARS, Honorably Discharged.

Hospital Corpsman Third Class Fulton Tashombe, Staff Education, Honorably Discharged.

Hospital Corpsman Third Class David Webster, Supply, to USS WABASH.

"Welcome aboard" to newly arrived:

Commander Joan Tulich, Nursing Service.

Hospitalman Apprentice Michael Koch, Ward 7W.

Yeoman Third Class Laura Lupica, PSD.

Hospital Corpsman First Class Laurence Lemoine to Patient Affairs.

Hospital Corpsman Third Class Henry Mooberry, Cardiology.

Hospitalman Apprentice Anthony Pierini, Nursing Service.

Hospitalman Recruit Darlene Perry, Nursing Service.

Hospital Corpsman Third Class Garth Renaud, Nursing Service.

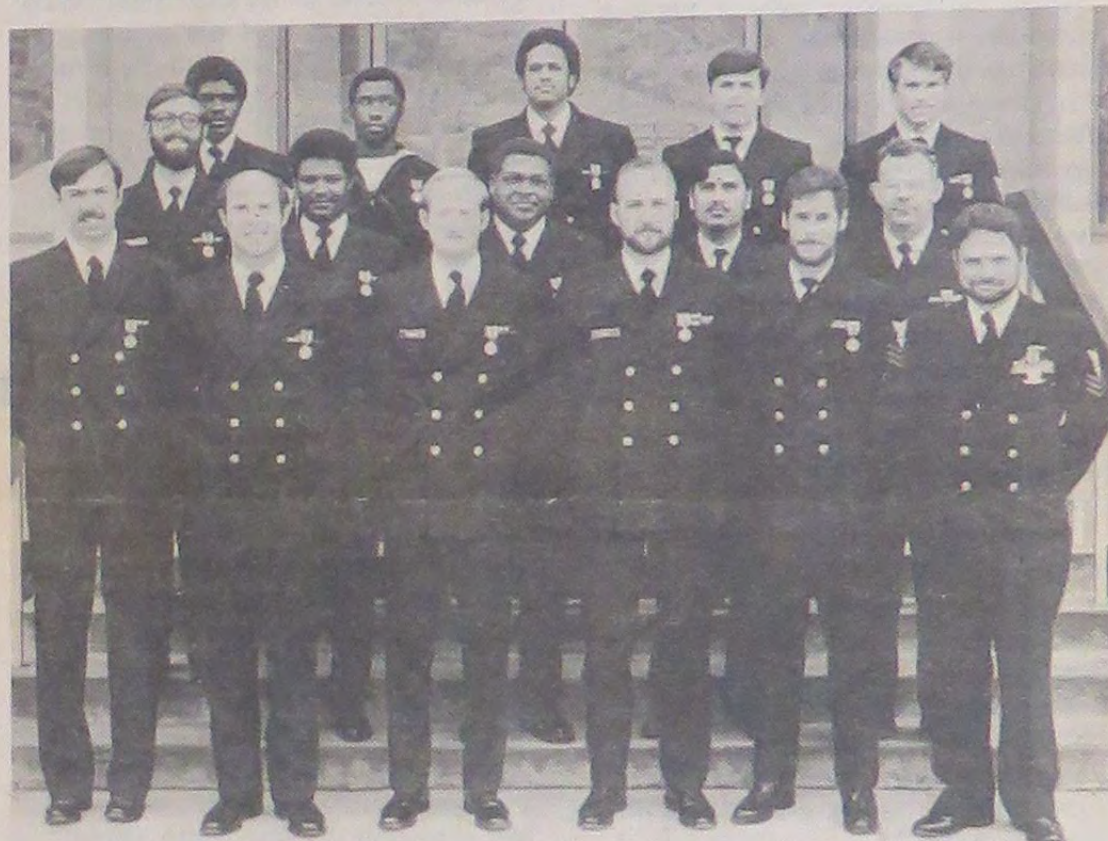
Hospitalman Recruit Ramon Taraya, Nursing Service.

Hospitalman Apprentice Gregory Tucker, Ward 8W.

Hospitalman Susan Weinbender, Ward 9S.



THE NEW BULL—Ensign Ronald Karliner received the traditional Medical Service Corps "Bull" from Lieutenant (junior grade) Ann Marie Bien, signifying him as the new MSC senior ensign onboard NRMCMC Oakland. LT (jg) Bien received her promotion to current rank on April 1.



DECORATED: Surgical Platoon Cadre Unit No. 9 members received Expeditionary Medals upon their return to Oak Knoll following a three-month Western Pacific deployment. They are, left to right, Bottom Row: LT David Logston, LT Dan Wierzbowski, LT Jerry Thompson, ENS Mike Biggs, HM1 Ron McAdam and HM1 William Rhodes. Second Row: HM2 Jim Cunningham, HM2 Mike Presley, HMC Eddie Johnson, HM3 Ralph Aparicio and HM1 Gary Koltes. Back Row: HM2 Karl Brown, HM3 Rodney Taylor, HM2 Howard Wagner, HM3 Joe Gallagher and HM3 Gary Gilson.

Oak Knoll has new admin assistant

Chief Hospital Corpsman Eddie B. Johnson, formerly of Clinical Investigation Center, has taken over duties at the Administrative Support Office from Chief Hospital Corpsman Kurt W. Fuchs, who transferred to the Naval Medical Research Unit Number Two, Jakarta, Indonesia.

Chief Johnson has served at Camp Pendleton, Okinawa, NRMCMC San Diego, and the 2nd Marine Division, Camp Lejeune, N. C. before his assignment to Oak Knoll a year and a half ago.

In addition to Hospital Corps School, Chief Johnson has attended X-ray Technician school and completed the Fleet Marine Force training at Camp Pendleton.

Chief Johnson, whose career goal is to retire after completing 25 years in the Navy, has been awarded four Good Conduct Awards, a Navy Expeditionary Medal, a Vietnam Campaign and Vietnam Service Medal, the Philippine Presidential Unit Citation, and an Air

Force Commendation Ribbon.

The son of Mrs. Mable Johnson of Newman, Ga. enjoys listening to music, dancing, and walking as his hobbies. Chief Johnson and his wife Nenita have a son Gregory, and a daughter Aimee.



HMC Eddie B. Johnson

Speaking of health care



THE WAY HE IS—If you guessed last week's "the way he was" personality as Captain Richard A. Pratt, you are absolutely correct. Captain Pratt is currently the Chief, Neurosurgery Service.

Parenting classes planned

A free eight-week course to parents on important aspects of child development from birth to two years of age will be offered by the Red Cross at Oak Knoll under the instruction of Judi Ruymen, a registered nurse formerly on the medical center staff.

When a sufficient number of parents register, dates for the two-hour evening classes will be set. They are to be taught at Bldg. 71A (near the Credit Union) on base.

Subjects will include:

- The importance of safety, proper nutrition and good health for the well being of very young children.
- How parents can aid small children in development of their arms, legs, eyes and other sensimotor faculties through knowledgeable guidance.
- Knowing how to provide stimulation for development of language through choosing words and sentences to use at the proper age during the stages of growth.
- Providing a stimulating atmosphere for development of intellectual growth such as helping them learn to walk, hold objects, etc.
- How to give the child a good foundation for social and emotional development, such as toilet training.
- Teaching discipline to the child so that it obey its parents.

The course will also cover the general aspects of parenting. During the sessions participants will be encouraged to discuss particular problems with the instructor and other class members.

Class size will be limited so early registration is encouraged. To find out more about when the class will be held, call the Red Cross office at 639-2524.

No CHAMPUS assistance if public resource available

The law requires that all public resources be considered and used before beneficiaries may seek benefits under the CHAMPUS Program for the Handicapped. If an individual is receiving assistance from a public source in the same manner as any other resident, CHAMPUS Benefits cannot be extended.

When applying for CHAMPUS coverage for an eligible handicapped dependent, an active duty sponsor must submit a public official's statement to the Director, OCHAMPUS, Aurora, Colo. 80045, certifying that public facilities or funds are not available or adequate to meet the needs of the handicapped individual.

For example, such a statement would be obtained from the superintendent of the local public school system when special education for a handicapped beneficiary is required. In each case, a statement is required from a public official of the agency providing the service, and it is the active duty sponsor's responsibility to determine the appropriate agency and official. In the case when the school official determines that facilities/services are adequate and the sponsor does not agree, appeal recourse is to that school system, not CHAMPUS.

The Education for All Handicapped

Children Act requires that statements from local officials certifying that *special education* is not available from the local school system, *must*, under Federal Law, show *why* such education is not available.

Other services for the handicapped are often available through state and local government agencies that deal with vocational rehabilitation, human resources, social services and public health. Officials in such agencies may determine and certify availability of public resources.

If a sponsor changes duty stations, a new statement must be obtained. The sponsor is required to determine within 60 days from the date of reporting whether public facilities or funds are available to meet the needs of the handicapped individual at the new location.

Congress established the CHAMPUS Program for the Handicapped as a source of financial assistance for active duty dependents in instances where they could not meet local residency requirements and therefore would not have access to public programs of assistance to the handicapped. However, when assistance from federal, state or local programs is available, the active duty sponsor does not have the option of waiving this assistance in favor of using CHAMPUS.



GUEST SPEAKER—Dr. Elizabeth Paeth, Director of Public Health Services for the City and County of San Francisco, spoke to staff members here in late March. Subject of her lecture was "Stress And Its Effects On Individuals In Their Occupations."

Two jobs open

Today is the last day to apply for two job openings at NRMCO Oakland.

The first opening is for a Medical Clerk (typing), GS-679-4, located in the Surgery Service. The rate of pay for this position is a special rate of \$12,058—\$15,343 per year depending upon experience. You must possess one year of general experience, and one year of specialized experience in order to qualify for this position.

Duties for this job include initiating follow-up action on patients, research and check patients' tumor charts, type reports, and perform a variety of other clerical duties associated with receiving and disbursing information on patients to other hospitals. In the absence of the registrar, you may also be required to take minutes of cancer clinical conferences.

The second opening is in the Civilian Personnel Service as a Supervisory Staffing Assistant, GS-203-07, with a pay range from \$15,193-\$19,747.

The duties of this position include providing technical assistance/support to Personnel Management Specialists, performing recruitment functions, coordinating subordinate activities, receiving telephone or mailing availability inquiries, reviewing stopper lists, preparing a weekly staffing report, and overseeing the clerical staffing function.

For more information on these openings, interested persons may call 639-2116.

Lab professionals honored

Clinical laboratory professionals, those individuals who devote their lives to providing a vital health service to the public, will receive deserved recognition during National Medical Laboratory Week, April 12-18.

"The Laboratory Practitioner—Contributing to Quality Health Care Through Laboratory Testing," the Lab Week Slogan, emphasizes the clinical laboratory professional's importance in the provision of health care. Co-sponsored by the American Society for Medical Technology and the American Medical Technologists who count three Oak Knoll employees as members, the 1981 program is also supported by contributions from industry sources. Local member medical technologists include Weldon Miles, Equal Opportunity, Marie Fuller, Microbiology, and Oliver Johnson, Jr., Special Hematology.

Technical personnel in medical laboratories are educated and experienced individuals, who conduct a wide range of laboratory tests essential to the detection, diagnosis, treatment and study of disease. These professionals work hand-in-hand with physicians, providing the neces-

sary data for accurate diagnosis. They work in hospitals, clinics, research centers, universities, doctors' offices and in independent laboratories.

Professional laboratory personnel include pathologists, clinical laboratory scientists, medical technologists, clinical laboratory technicians and laboratory assistants, as well as specialists in various scientific areas. They receive their education and training in colleges and universities, junior colleges, military programs, and technical and hospital schools. Professional societies provide them with a wide range of continuing education programs so that dedicated professionals can continuously expand their technical skills to keep pace with rapidly advancing technology. In the laboratory, they analyze blood, body fluids, and tissue samples for evidence of disease or infection. In small laboratories, tests in all categories of investigation may be performed by one individual. In large institutions, laboratory personnel often become specialists in such areas as hematology, chemistry, nuclear medicine, microbiology and histology.

BEAUTIFUL, BUT . . .



After a long winter, spring and summer flowers look just about good enough to eat—but don't be tempted, warns the National Geographic Society. It could be a dangerous thing to do. Many popular flowers, ornamental shrubs, and colorful weeds are loaded with poison, even enough to kill a grazing horse, as farmers occasionally find.

All parts of a plant—seeds, berries, roots, stalks, flowers—may contain poisons that do their work on heart, nerves, brain, blood, muscles, and breath. They have done in victims throughout history, by accident and by intent, in real-life, fiction, and folklore.

Baby-killing Berries

Crawling children, escaping their

parents' eyes, have gobbled the sweet shining berries of deadly nightshade, the bluish berries of privet hedges, pokeweed berries, and the tiny round seeds of the ornamental yew trees—all with bad, often fatal results.

Eating one leaf of a poinsettia can kill a child. Other houseplants—dieffenbachia, cyclamen, philodendron among them—may be dangerous temptations to bored tots in city apartments. Parts of honeysuckle, wisteria, Carolina jasmine, the leaves of cherry trees, azaleas, and rhododendrons, and many other commonplace outdoor plants should be admired, but never eaten.

Campfire Catastrophes

Nature lovers intent on enjoying all aspects of the great outdoors should also be careful. Some eye-catching plants, like parts of pokeweed, are prized by down-country gourmets, but the "edible" parts also have killed. A couple of glossy, dark green leaves of English ivy, on a whim tossed into a picnic salad to brighten it up, could be deadly. A twig of oleander used to stir a campfire stew has felled hungry hikers. No matter how good they look, don't eat the daffodils, azaleas, rhododendrons—or any plant that isn't known to be safely edible. It could mean a mouthful of death.

With the family ---

Oak Knoll's civilian in the spotlight

Long time Oakland resident loves the great outdoors

Mrs. Roberta G. ("Bobbie") Fuhrmann returned to Oak Knoll in September 1980 after a short stay with the Treasury Department in San Francisco, and is now working in the Safety Office under Safety Manager Matthew W. Riley.

Bobbie has long been a resident of Oakland, moving here when she was just 10 months old, graduating from Castle-mont High School, and going on to Dickenson-Warren Secretarial College. After graduation from college, Bobbie went on to work for Safeway Stores Inc., in their home office.

Later on, Bobbie decided to take a break to raise her children, a break that lasted for 16 years.

Since coming back from that break, she has worked here at the Supply Office in Bldg. 505, in San Francisco at the Embarcadero Center Treasury Department, and then back here at the Safety Office.

"My number one goal is to stay employed at NRMCO Oakland," said Bobbie. "Hopefully I will work here for my remaining years. It is really wonderful to be back HOME. Since I live only one mile away, I can work in my garden before coming to work in the morning again. I couldn't do that when I worked in San Francisco."

Mr. Riley said of Bobbie, "She came to the Safety Office about six months ago. Her first day here, she did not act like a

stranger. She has taken over the job of Compensation Clerk and has done an outstanding job. Bobbie is easy to get along with, she always has a smile on her face. She can often be seen feeding the birds and deer outside the office.

Touring the Bay Area with her family and visiting the tourist spots are among Bobbie's pastimes, which include softball, volleyball, badminton, roller skating, and skiing. "when I get back into shape again."

Bobbie and her husband Paul, who is a tugboat captain, have two children, Paul Jr., and Valerie, as well as a farm variety of pets including two dogs, a duck, a pigeon, many



fish, rabbits, a parakeet, a squirrel, and a frog.

Navy Relief Society helps with college student loans

This is the time of year when some high school seniors will decide whether or not to seek a college education or advanced vocational training. If the answer is yes, it is a decision that requires more than personal ambition. Today, it takes substantial sums of money to achieve this goal, and often families find that they have not saved enough to cover higher educational costs.

Navy Relief Program can help

The Navy Relief Society Guaranteed Student Loan Program can help dependent children of active duty and retired members of the Navy and Marine Corps finance their post-secondary school education. This program is also open to "fleet input"—students who are selected for (or in) the Naval Reserve Officer Training Corps or Navy Enlisted Commissioning Program/Marine Enlisted Commissioning Education Programs.

Under this program, Navy Relief sponsors eligible individuals for student loans from a designated bank. The loans are for full-time post-secondary school education at approved institutions. No collateral is needed because, on the basis of reserves supplied by Navy Relief, the loan is fully guaranteed through the United Student Aid Funds, Inc., a private non-profit corporation, under the Federal Guaranteed Student Loan Program.

How much can one borrow?

Each student may borrow up to \$2,500 a year, for a total of up to \$12,500 for fulltime undergraduate

study. Full-time graduate or professional students may borrow \$5,000 per year, up to a combined total (undergraduate and graduate study) of \$25,000. These loans may be used for tuition and fees, room and board, books and supplies, transportation and other personal needs; however, the amount borrowed cannot exceed the actual cost of these items.

When must the loan be repaid?

Normally, repayment begins the first day of the 10th month after the month of graduation or termination of studies. However, students who enter the armed forces or certain other programs may have this repayment period deferred for up to three years. New legislation governs the interest rate which will be charged students after leaving school. Those students who participated in the program before Jan. 1, 1981, will continue to be charged the present seven percent rate on future loans. New entrants into the program on or after Jan. 1, 1981 will be charged nine percent interest on loans (there is a provision in the law for reducing this charge to eight percent if interest rates decline significantly).

How to apply

For brochures detailing the Navy Relief Society Guaranteed Student Loan Program and application forms, see your local Navy Relief office or write or phone the Navy Relief Society, Guaranteed Student Loan Program, Room 1228, 801 North Randolph St., Arlington, VA 22203; commercial, (202) 696-4960/4925; AUTOVON, 226-4960/4925. (NES)

however, wants to protect the rights of all library patrons and impose no fines.

Please cooperate and return any overdue library materials directly to the library as soon as possible. If you are unable to return them personally, send them via guard mail envelopes.

Library asks cooperation in return of books due

The Oak Knoll General Library is encountering problems from users who are not returning books and other materials on dates due.

Some public libraries have reinstated or even increased fines because a fineless systems failed to work for them. Your General Library in Bldg. 101,

easter services

Protestant Worship

Lenten Devotions (Mon-Fri) 11:30 a.m.
Sunday Worship 10:30 a.m.

Catholic Mass

Daily Mass (Mon-Fri) 12 noon
Sunday Mass 8:30 a.m.-12 noon

Holy Week

April 12 Palm Sunday

Catholic Mass 8:30 a.m.-12 noon
Protestant Worship 10:30 a.m.

April 16—Maundy Thursday

Mass of the Last Supper 12 noon
Protestant Worship 11:30 a.m.
(Holy Communion)

April 17—Good Friday

Catholic Liturgy 12 noon
Protestant Worship 11:30 a.m.

April 19—Easter Sunday

Catholic Mass 8:30 a.m.-12 noon
Protestant Worship 10:30 a.m.

All of the above services will be held in the Chapel of Hope, on the third floor of the main hospital complex. For more information, contact the Pastoral Care Service at Ext. 2251.

Holy Week is believing

By Chaplain (CDR) J. Q. Leshner

Next Sunday is Palm Sunday and the beginning of what is known throughout Christendom as Holy Week. It ends the following week with Easter Sunday. Pilgrims from all over the world travel to Jerusalem commemorating the last days in our Savior's life on earth. Holy Week reminds us of Jesus' triumph as he entered Jerusalem and the agony he endured in the Garden of Gethsemane before suffering and dying on the cross on Good Friday.

Dr. Vincent Taylor, an eminent Biblical scholar who has written much about Christ, reminds us that in the cross we see both the shortcomings of man and the love of God. He insists that until we see them clearly we cannot understand its significance.

The following words from a hymn contain the same insight;

O love of God! O sin of man!
In this dread act your
Strength is tried,
And victory remains with love,
For He, our Lord, is crucified.

Easter marks one of the greatest hours in the experience of man. To believe in Easter is not only to believe in personal survival after death, it is to believe in the triumph of God in the universe itself. God, who created the heavens and the earth is alive and unconquerable. To believe is to walk serenely in all circumstances of life with the confidence that we are not alone but that God is with us.

Off duty ---

Discounts available at Sea World

Military and civilian Department of Defense personnel and their families may enjoy themselves at Sea World with a special 25 percent discount during Military Spring Fling, April 10 through May 10.

With a special discount coupon, good for the entire family, adult-admission during this period is only \$6.70, with children three through 11 admitted for \$5.20. Children under three are admitted free of charge. Coupons are available only at the Special Services ticket office.

Sea World's silent comic, Mark Wenzel, will perform during Easter vacation, April 11-19. Wenzel, the award-winning mime artist, will entertain crowds as they gather for the park's killer whale, dolphin, and seal and otter shows. His impromptu skits create amusing moments as he snatches hats from surprised visitors and playfully imitates unsuspecting guests.

Six exciting shows will be on the agenda for military families during Military Spring Fling, including the famous Shamu the killer whale show. During the show the audience will view a breathtaking ride jump that requires a high degree of precision and strength on the part of whale and trainer. The gentle nature of the killer whale will be shown in the show segment, "ballet of the whales," where trainer and whale swim gracefully to music.

Another popular show is "Camp Lotsawadda," featuring the playful antics of a group of bottlenosed dolphins. Camp sing-alongs, high jumps and hurdles are just some of the



A WHALE OF A KISS—A lucky volunteer from the audience at Shamu stadium in San Diego's Sea World may get the lick of a lifetime. World famous killer whale, Shamu, is starring in his all new show, "This is Shamu," during Military Spring Fling, April 10 through May 10.

interesting behaviors these marine mammals display.

Two acres of creative play equipment await children four through 14 at Cap'n Kids' World. Hours of enjoyment are possible for children who delight in the 24 nautically-themed play elements which include King of the Wave and the Fishnet Climb.

Four more shows, 30 educational exhibits and two rides will round out military families' visits to the park during Military Spring Fling.

MOVIES

Friday, Apr. 10, 6:30 p.m.—**BREAKING AWAY**—Dennis Quaid, Dennis Christopher—Comedy/Drama/PG

Saturday, Apr. 11, 1 p.m.—**SUPERMAN**—Gene Hackman, Christopher Reeves—Action/PG

Saturday, Apr. 11, 2:30 p.m.—**THE VILLIAN**—Kirk Douglas, Ann Margret—Comedy/PG

Sunday, Apr. 12, 6:30 p.m.—**ARABIAN ADVENTURE**—Fantasy-Adventure/G

Monday, Apr. 13, 6:30 p.m.—**A FORCE OF ONE**—Jennifer O'Neill, Chuck Norris—Martial Arts Drama/PG

Tuesday, Apr. 14, 6:30 p.m.—**PRIVATE BENJAMIN**—Goldie Hawn, Eileen Brennan—Comedy/R

Wednesday, Apr. 15, 6:30 p.m.—**SEEMS LIKE OLD TIMES**—Goldie Hawn, Chevy Chase—Comedy/PG

Thursday, Apr. 16, 6:30 p.m.—**CABOBLANCO**—Charles Bronson, Jason Robards—Adventure/R

Friday, Apr. 17, 6:30 p.m.—**ALIEN**—Tom Skerritt, Sigourney Weaver—Sci-Fi/R

Saturday, Apr. 18, 1 p.m.—**THE LOVE BUG**—Dean Jones, Michele Lee—Comedy/G

Saturday, Apr. 18, 2:45 p.m.—**THE BUGS BUNNY/ROADRUNNER MOVIE**—Animated/G

Sunday, Apr. 19—No Movie Shown. **HAPPY EASTER!**

Monday, Apr. 20, 6:30 p.m.—**ESCAPE FROM ALCATRAZ**—Clint Eastwood, Patrick McGouhan—Suspense-Drama/PG

Tuesday, Apr. 21, 6:30 p.m.—**ANY WHICH WAY YOU CAN**—Clint Eastwood, Sondra Locke—Comedy/R

Wednesday, Apr. 22—6:30 p.m.—**THE DAY TIME ENDED**—Jim Davis, Chris Mitchum—Sci-Fi/PG

Thursday, Apr. 23, 6:30 p.m.—**AND JUSTICE FOR ALL**—Al Pacino, Jack Warden—Melodrama/R

Hiking trail for disabled

The Redwood Regional Park in Oakland has long had a hiking trail designed for use by disabled persons. The East Ridge Trail, located at the Skyline gate entrance to the park, is easily negotiable to persons in wheel chairs, crutches, canes, etc.

There is a bench at approximately one mile down the trail, located just before the trail becomes too difficult to negotiate for disabled persons. Reportedly, there is a great view from this vantage point.

To get to this trail, take Highway 13 to Joaquin Miller Rd. Follow Joaquin Miller Rd. until you get to Skyline Blvd., and take a left. The Skyline Gate entrance is located about three miles down the road on the right.

New postage stamp honors Red Cross

The 100th Anniversary of the Red Cross will be honored by the U. S. Postal Service with a commemorative first class postage stamp to be issued on May 1 in Washington, D.C.

The large stamp, with "The Gift of Self" printed across the top, shows a

Red Cross worker feeding a bottle to an infant. Across the bottom is "American Red Cross 1881-1981" next to the Red Cross symbol.

These stamps will be available at your local post office on May 4.

Cruise boat running on Lake Chabot

The East Bay Regional Park District has a 24-seat excursion boat running on Lake Chabot in the Oakland-San Leandro hills, that interested persons can use on an individual or group basis.

The Queen runs every Saturday, Sunday, and holidays, at 11 a.m., 1 p.m., and 3 p.m., at a cost of \$1 for

adults 13 and over, and 50 cents for children ages 6-12, as well as 50 cents for senior citizens and disabled persons.

Groups may charter *The Queen* for other times at a cost of \$16 per group, by calling Reservations Coordinator Marge Blay at 531-9043.



Classified

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

Wanted

Couple to share four bedroom home in Hayward. Contact HM2 Henry in Mail Room, or call Ext. 2201.

Employment

Part time life guard needed for NRMCO swimming pool. Advanced lifesaving/CPR certificate required. Contact John Harkness at Ext. 2330.

For sale

Firewood for sale. Contact HM2 Henry in Mail Room, or call Ext. 2201.

An invitation...

WASHINGTON (NES)...Six-member (active duty) teams, from all branches of the military, are invited to participate in the American Legion's 1981 Armed Forces Chess Championship.

Date: Sept. 15-23, 1981

Place: Hall of Flags

The American Legion Building

1608 K St., N.W.

Washington, D.C. 20006

For eligibility requirements and additional information, contact: Carolyn S. Conklin, Recreation Services (NMPC-6510), Navy Military Personnel Division, Washington, D.C. 20370; or phone: (202) 694-4388/4389; AUTOVON 224-4388/4389.



THE

OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 43, No 8

Friday, April 24, 1981



Navy Nurse Corps to mark 73rd year

By LCDR Kathleen Bonnet-Langston

In 1899 the Surgeon General was authorized by the Navy Department to employ and subsist trained nurses. Their number was not to exceed 20, nor was their pay to exceed \$4 a day.

In 1902 and 1904 bills were introduced into Congress recommending the establishment of a Nurse Corps, but were not passed. On May 13, 1908 by an act of Congress, the Nurse Corps, U. S. Navy, was established. On Aug. 18 of the same year Esther Voorhees Hasson took the oath of office as the first superintendent, and by October, the first 19 nurses had been appointed and reported for duty at the Washington Hospital where they received a thorough indoctrination in naval medicine and customs.

\$60 per month

During WWI total Nurse Corps membership was 1,386 with a base pay of \$60 per month. In the years after the war, the manpower of the Nurse Corps was reduced.

Advancements in the Nurse Corps continued, however, and J. Beatrice Brown was appointed superintendent. During her tenure, education programs were instituted whereby Navy nurses were assigned to take advanced courses in dietetics, laboratory techniques, anesthesia and tuberculosis nursing.

In 1926 Public Law 217, providing for the retirement of nurses, was passed.

Prisoners of war

The advent of WWII impacted greatly on the Navy Nurse Corps. In January 1942, 11 nurses were captured by the Japanese at Manila. On Dec. 22, 1942, President Roosevelt signed legislation which gave military nurses all the rights and benefits of

commissioned status. During the peak of WWII, Nurse Corps numbers swelled to 11,086.

In 1947 the Army-Navy Nurses Act established the Nurse Corps of both services as permanent staff corps.

Public Law 606 enacted in 1956 permitted Nurse Corps officers qualified in specialties of dietetics, physical therapy or occupational therapy to transfer to the Medical Service Corps. As a result, 46 Navy Nurse Corps officers transferred to become MSCs.

In September 1962 an anesthesia program for Nurse Corps officers was established at Naval Hospital Bethesda in conjunction with George Washington University.

First male nurses

The Secretary of the Navy, in November 1967 approved a change in

requirements for commission in the Navy Nurse Corps to permit the appointment of male nurses to the Navy Nurse Corps.

During the Vietnam era Navy nurses served aboard hospital ships USS REPOSE and USS SANCTUARY, and in 1966 the first Navy Nurse Corps officers reported to DaNang, South Vietnam.

Today, the Nurse Corps continues to keep abreast with the expanding scope of the profession. Professional and educational opportunities abound as greater numbers of Nurse Corps officers are being prepared for and assigned to areas requiring increasing specializations. Out-service education programs for bachelors of science in nursing and master's degrees are available and billets for operational medicine are now becoming available.



"SACRED TWENTY"—Esther Voorhees Hasson (without cap), shown with the first 19 nurses appointed to the Navy Nurse Corps in 1908. They reported to the U. S. Naval Hospital in Washington, D.C. for indoctrination and duty.

Another senior Navy nurse soon to retire from service

Retirement ceremonies will be held here May 1 for Navy Nurse Corps Captain Jo Ann Morton who has been assigned to Naval Regional Medical Center Oakland for nearly three years in the successive positions of Regional Nurse Coordinator, Assistant Director, and then Director of Nursing Service.

Captain Morton will complete 23 years service in the U. S. Navy, where duty has taken her to Corpus Christi, Tex.; Portsmouth, Va.; Rota, Spain; Bethesda, Md.; Philadelphia; St. Albans, N. Y.; Washington, D. C.; Hawaii and Oakland.

She earned a bachelor of science degree in nursing from the University of Pennsylvania and is a graduate of Hahnemann Hospital School of Nursing in Philadelphia.

The Navy nurse plans to make her retirement home in Kensington, Md. She said it will be difficult to leave the Navy, but that she is looking forward to retirement. "I plan to take six months to get my house in Maryland in shape," she commented, "and then may go back to school."

"I have found the 23 years to have been both professionally and per-

sonally rewarding," she continued. "I feel patient care provided at NRMCO Oakland is outstanding and I would like Nursing Service personnel to know that I have been proud to be the director of such an excellent staff."



CAPT Jo Ann Morton

Oak Knoll Navy nurses, their spouses, friends and other staff members will observe the 73rd Navy Nurse Corps Birthday with an informal dinner dance May 8 at the Officers' Club on base.

The event begins at 6:30 p.m. and will feature a steamship round buffet and dancing to the music of the "Nautilus" eight-piece Navy band. Tickets are on sale at \$10 each.

No vices allowed

The Navy Nurse Corps was officially established on May 13, 1908, but its history goes back as far as 1811 when Dr. William Paul Cullion Barton, a young Navy surgeon, recommended to the Secretary of the Navy that there be nurses for the care of the sick and injured. He wrote: "The nurses whose number should be proportionate to the extent of the hospital and number of patients, should be women of humane disposition and tender manners; active and healthy. They should be neat and clean in their persons, and without vices of any description... and are to attend with fidelity and care upon all the sick committed to their charge."



MEDICAL STARS—Brigadier General William P. Winkler, Commander, Letterman Army Medical Center, paid an official visit to Naval Regional Medical Center Oakland last week, conferred with Rear Admiral Walter M. Lonergan, NRMCO Commanding Officer, and toured the main hospital building at Oak Knoll. Dr. Winkler recently assumed command of the Army medical institution in San Francisco.

EDITORIAL

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



I attended a CNO Retention Team briefing at NAS Moffett Field last week and received some interesting information from Commanders W.J. Green, R.B. Snyder and C.W. Piatt which I'd like to share with you.

There are some very important compensation initiatives currently in Congress, at DOD, or within the Navy Department which will significantly affect all of us in the near future:

- The Fair Benefits Act will be proposed to the Office of Management and Budget (OMB) supporting the proposed pay raises of 5.3 percent this summer and 9.1 percent in October.
- There are many proposed bills at DOD level which will extend, modify or increase educational benefits.
- Update hazardous duty and divers pay.
- Extend Fair Benefits Act of 1980 to include BAQ for E-5 and E-6 personnel in lieu of quarters, which is now authorized for E-7 and above.
- Total PCS reimbursement.
- Funded emergency leave outside CONUS.
- Authorize advance travel pay for dependents.
- Income tax credit.
- Non-temporary storage of household effects for deployment.
- Increase isolated duty pay.
- Increased enlisted flight pay 25 percent.

Last year many of the proposed pay incentives the team discussed are now a reality such as the Nunn-Warner Bill, DOPMA, Zone C re-enlistment bonus and the 11.7 percent military pay raise. There are many people that realize the military has been short-changed the past several years and they are working hard to correct the situation. You can help also by letting your representatives know how you feel on some of the proposed benefits. Write your elected officials today.

Career Capsules

By HM1 Barbara Heep

During the recent CNO Retention Team Visit to NAS Alameda, some of the Bay Area Counselors were briefed on Navy-wide retention.

Some of the reasons given by veterans for coming back on active duty were "patriotism," "challenging jobs," "security," "management experience," "comradery," and the "military's professional image."

Military members who filled out a questionnaire prior to being released from active duty stated that family separation and low pay were the No. 1 reason for leaving the service.

Some of the reenlistment incentives you might consider before making a decision about your career are: Selective Conversion and Re-enlistment (SCORE) Program, Selective Training and Re-enlistment (STAR) Program, Enlisted Education Advancement Program (EEAP), Guaranteed Assignment Retention Detailing (GUARD III) Program, and Selective Re-enlistment Bonus (SRB) Program. SRB is available for the following Navy Enlisted Classification (NEC): 8493 Medical Deep Sea Diving Tech, 8492 Special Operations Tech, 8406 Aerospace Medicine Tech, 8432 Preventive Medicine Tech, 8452 Advanced X-Ray Tech and 8506 Advanced Lab Tech.

Visit one of your command Career Counselors for more information.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Our patients write...

Recently I completed a five-week stay in NRMC, having undergone surgery. Never would I have expected such fantastic care as I was so lucky to receive in surgery and Ward Seven West. My doctors, Malstrom, Batten, Ahbel, Marcus and Esposito, were so caring and wonderful to me.

I can't say enough about the nursing staff. Their kindness and compassion was beautiful—Kathy Madigan, Kathy Williams, Essie Rucker, Diane Workman, Bev Muessig, Terry Cook and David McManaway—never a frown of annoyance at the bell ringing—always a smile and a cheery moment of gab while maintaining a true professionalism at all times.

The corpsmen—Veronica Armstrong, David Dube, Tom McConnell, Tom Walbert, Dan Ibarra, John Harris, Tom Scarbaugh and George Imburgia—were always ready to do anything requested—and so cheerfully!

Any surgery is trying. An operation such as I had could have been a very traumatic and unpleasant experience—the long stay in the hospital an agony—but not for me! It was an experience I won't soon forget. Thank you for having such a great staff. I have forgotten the pain and only remember the caring, wonderful people with whom I came in contact while in NRMC.

Patricia McCormick
Martinez

Reader raps editor for omission

Editor:

Your article on lab professionals, in the last (April 10, 1981) edition of the Oak Leaf, was well done, in that not enough is known about our profession in general.

I think however, that said article is incomplete. You say that all lab professionals are being honored and then name only medical technologists. Also, those Med. Tech.'s named are not the only members of ASMT and AMT on this base.

ASMT and AMT are not licensing agencies, but societies open to many members of the lab field; including lab technicians and lab corpsmen.

It would be ridiculous to start naming all the people who are involved in lab work at Oak Knoll, but it is also unnecessary to name just three.

A.M.T. (ASCP), who is also a member of ASMT

Dear A.M.T. (ASCP)/Also ASMT Member:

Ordinarily it is against our policy to publish anonymous letters but in this instance we're pleased to make an exception because you're so right, and we were so wrong!

To let you in on the backroom secret as to why we goofed—the background information on that story came to us from the week's sponsors via an employee from Lab Service. Since he is a member of AMT we wrongly assumed he would know the names of all other members on base. We made our error in not researching further. However, in all fairness, we still may have missed someone even if we had polled all of the hospital labs.

The point is, we tried to localize the story with some Oak Knoll names and ended up creating ill will by omitting others, and we're sorry. It was not intentional. We are proud of all of our professionals whether they are members of societies or not.—Editor

A citizen's role in curbing crime

Time is overdue to recognize those citizens who take the effort to be observant of events happening around them and the courage to do something about it when action is needed.

Once in awhile, these persons make the news, but more often they go unrecognized.

Occasionally we may read about some little kid who memorized the license plate number of a hit-and-run driver who ran down his playmate, or the little old spinster who reported a gang of thieves intent on emptying her neighbor's apartment.

Sometimes fate even places these otherwise ordinary people at the scene of historical events. The shocking news over the past few weeks highlight a couple of these otherwise uncelebrated individuals.

One man, a labor representative who had just attended a meeting at a Washington hotel was by happenstance standing behind the young man who is accused of attempting to assassinate President Reagan on March 30. Although elderly and not in top physical condition, this gentleman reacted rapidly and instinctively in attacking the alleged assailant, thereby most likely deflecting some of the shots from the prime target—the President of the United States.

Another unsung heroine deserves a tip of the cap. This morning, as I write this, news media are reporting that the Secret Service apprehended still another young male who reportedly intended to finish the assassination attempt for which Hinckley was arrested. How did the Secret Service learn that there was an added threat to the President's life? Simply because an unusually observant motel maid found correspondence containing the threat in a room just vacated by the second young man. She not only found the scraps of paper, she recognized their importance and alerted authorities in time for them to apprehend the suspect who had already left town. How many other motel/hotel maids, going about the routine, tedious chores of tidying empty rooms for the next occupants, might have just chucked the notes into the garbage cans along with emptied ashtrays and discarded toothpaste cartons? The possible results are too tragic to imagine.

Most people don't want to become involved at the site of a crime—usually because they fear for their own lives, or simply don't want the hassle of testifying as a witness for the prosecution in a subsequent trial.

We agree with the first reason. It doesn't do anyone any good to be a dead witness, so unless you're in top physical shape and have had professional training, don't try to jump a person holding a weapon. In most crimes, however, there is often an unseen observer and that person could be any one of us at any time and at any place. Collectively, we have it in our power to reduce the ever-climbing statistics of crime in this country by always being alert and having the courage to report suspicious or overt criminal actions to proper law enforcement officials.

Let's do it. (BB)

Scouts need volunteers qualified to give first aid

Volunteer corpsmen, men or women, are needed this summer as first-aid standbys in Boy Scout Day Camps throughout the Bay Area.

Scouts will be camping at Stern Grove, San Francisco (two weeks); Diamond Park, Oakland (one week); Bay Trees Park, Castro Valley (two weeks); Pleasanton Fairgrounds (two weeks); and Coyote Hills, Fremont (two weeks). The camping period begins the third week of June and runs through the third week of August.

The camps are operated four days

per week, three days between the hours of 9 a.m. to 4 p.m., and one day from 2 to 8 p.m.

After receiving approval from their Department Head or Chief of Service, those who are interested in contributing their services to the scouts for one week should submit a request for no-cost to the government authorization orders to Military Manpower Service.

For further information, contact the Public Affairs Office on the third deck of Bldg. 500 or call Ext. 2113.

Center, branch officials hold quarterly meeting here

The Executive Planning Committee quarterly meeting was held yesterday at the Officers Club, with senior officials from this command and the outlying branch clinics in attendance.

Attending this meeting from Oak Knoll were Commanding Officer, Rear Admiral Walter Lonergan; Regional Health Care Coordinator, Captain Warren Hodge; Director of Clinical Services, Captain Joseph Smyth; Director of Administrative Services, Commander Frank Fisher; Chief of Comptroller Service, Commander Hudson B. Price; Chief, Preventive Medicine Service, Commander George Hansel, and Lieutenant Commander Barney Rabold, Chief, Public Works.

Officers-in-Charge of NRMC Oakland's Branch Clinics included: Lieutenant Commander John D. DeLaughter, OIC, Branch Clinic, NAS Alameda;

Commander Lawrence F. Raymond, OIC, Moffett Field Branch Clinic; Lieutenant Commander Len S. Watts, OIC, Branch Clinics, Mare Island; Lieutenant Commander Gary E. Schick, OIC, Branch Clinics, Treasure Island and Naval Supply Center; Lieutenant Commander Karl E. Schweinfurth, OIC, Branch Clinic, NWS Concord; Lieutenant Commander Gerald V. Meskill, OIC, Branch Clinic, NAS Fallon; Lieutenant Raymond Moran, OIC, Naval Admin. Unit Monterey; Hospital Corpsman First Class Russell E. Warren, Senior Medical Department Rep., Centerville Beach; Senior Chief Clyde Henderson, Senior Medical Department Rep., Stockton, and Captain Frank C. Pittington, Commanding Officer, Lemoore Naval Hospital.

A luncheon followed in the Club Gal- leon Room.

Secretaries Carlucci, Lehman say summer pay boost needed

Both Deputy Secretary of Defense Frank Carlucci and Secretary of the Navy John Lehman have urged Congressional passage of the administration's request for a 5.3 percent pay raise this summer.

Deputy Secretary of Defense Carlucci said the raise is needed to attract and retain people required to man the military forces. He said, "The budget proposed by the Department of Defense has been carefully developed to provide the capability to increase our readiness, to expand our strategic forces in critical areas, and to give our personnel adequate compensation."

Secretary Lehman said during a press conference on April 9 that both he and the Chief of Naval Operations believed the 5.3 percent pay raise proposed for July 1 has the highest priority in the Fiscal Year 1982 defense budget.

Preliminary action by the house budget committee on the 1982 defense budget recommended cutting out the July pay raise. However, this action, by no means final, would have to clear house authorization as well as appropriation committee action, before

ER to be upgraded

Renovations began in the Emergency Room on the second deck of Bldg. 500 earlier this month to redesign, expand and upgrade the space formerly occupied by this service.

Temporary emergency facilities have been moved to an area separated by screens some 20 feet past the normal entrance to the end of the corridor.

The construction is expected to continue until approximately mid-August, when emergency staff and facilities will return to the previous location.

it could go to the full-house for consideration.

Secretary Lehman said, "to pull the props out from under this at this point in time would be just as counter-productive and end up costing so much more money, that I don't think reaction against the 5.3 percent pay raise will get very far."

Secretary Carlucci, in his statement on April 8, asked Congress to join with the administration "in sending a clear signal that our nation intends to restore the capability to defend its vital interest wherever these interests may be challenged."



BRIEFING—Medical Corps Lieutenant Commanders Stephen A. Baez (left) and Robert B. Daggett (right foreground) explain operations of the medical center to a group of medical ensigns from St. Louis University who visited Oak Knoll earlier this month.



TAKING A 'WOK'—Vivian Ollila, Red Cross Director at Oak Knoll for the past three years, shows attendees a farewell gift of a Chinese wok during a luncheon in her honor at the Officers' Club. She is flanked by Rear Admiral Walter M. Lonergan, Commanding Officer, and Lucille Barry of the Red Cross staff. Ms. Ollila has transferred within the Red Cross organization to a new post in San Francisco.

Red Cross director makes career change

About 50 friends—staff members and Red Cross volunteers—attended a luncheon in the Officers' Club on April 9 to bid goodbye to Vivian Ollila, Red Cross Station Director here for the past three years.

Ms. Ollila is making a career change within the Red Cross organization. She'll go from a director who worked on a military base providing service to the Armed Forces to a position in the civilian community providing similar services for the military and their families. Her new office will be on Sutter Street in San Francisco where she'll serve as Assistant Director of Social Services for the Golden Gate Chapter.

"My assignment at Oak Knoll has been gratifying and rewarding," she said. "It was a difficult decision to change to a position which is not at a military installation. I thoroughly enjoyed working with the hospital staff, and of course, our volunteers. Oak Knoll's support of Red Cross activities is appreciated. I'll miss the many nice, nice people here."

The outgoing, generous and helpful Vivian will also be missed. Her career has been one of long faithful service with 26 years of duty in American Red Cross assignments that have taken her overseas to Korea, Morocco, France, Guam and Vietnam and to seven Army, Navy and Air Force hospitals in the states—some of them two or three times.

During the luncheon she was presented a letter of appreciation from the commanding officer and an electric wok and carved nameplate from friends.



NEW STATION DIRECTOR—Paul M. Anderson has been appointed American Red Cross Station Director for Naval Regional Medical Center Oakland. He serves Naval Air Station Alameda in the same capacity and will be sharing his time between the two naval bases. Mr. Anderson, who has had 28 years service with the Red Cross, is originally from Escanaba, Mich. Previous Red Cross duty has been in association with the Seventh U.S. Army in Grafenwohr, West Germany. He and his wife now make their home in Alameda.

Two clerical jobs open at Oak Knoll

Applications will close early next week for two positions presently vacant at Naval Regional Medical Center Oakland.

A Library Technician (Typing) is required in the Medical Library of the main hospital. This position is a GS-5 and requires a total of three years experience or qualifying education. The announcement will close Monday.

A GS-4 Medical Clerk is needed by Dental Service. This job requires one year each of general and specialized experience. Applications will be taken through Tuesday.

For more information on either position, call Jennie Thompson in Civilian Personnel, Ext. 2116.

For your info---



HOW IT'S DONE—Phil Harkov of NPRL explains to St. Mary's High School students from Berkeley how his lab manufactures prostheses for amputees. Looking on near the doorway is HMC Britt Gladden who coordinated the tour. The students visited Oak Knoll in early April as part of a "Navy Week" program that took the students to all Bay Area Navy stations for brief educational visits.

Columbia offers new session of evening classes on T.I.

As part of its curriculum for the May 24-July 18 session, Columbia College will initiate a Tuesday night program in basic skills at its Treasure Island location. The program will consist, at least in its early stages, of one class, English 100 Reading and Writing Skills, a three-credit-hour course designed for students who need remedial work.

Columbia is also offering five other courses at its Treasure Island campus: SOC 331 Juvenile Delinquency (Monday), BUS 370 Advanced Management (Tuesday), BIO 102 (Introduction to Life Sciences (Wednesday), GOVT 340 Judicial Process (Thursday), and BUS 293 Economics I (Thursday).

Juvenile Delinquency, Advanced Management, and Judicial Process are all upper-level courses suitable for students who have previous college work. Beginning students can register for Reading and Study Skills, Introduction to Life Sciences, and Economics I.

Classes at Columbia's campus at the Coast Guard Training Center in Petaluma are ENG 102 English Composition II (Wednesday) and BUS 293 Economics I (Thursday).

Each Columbia College class meets one night a week for an eight-week session. According to Columbia College officials, this concentrated evening schedule allows active duty students to work full-time toward their degrees. Progress toward a degree can also be accelerated by Columbia's policy of accepting CLEP and DANTES scores and by its evaluation of military schools and experience for academic credit.

Additional information can be obtained by calling Larry Blades or Margaret Kirkpatrick at (415) 397-5613. Columbia's main Bay Area office is located on T.I. (BLDG 29B) under the sponsorship of Navy Campus for Achievement.

Low rates continue on some airlines

Nine airlines have extended the 50 percent reserved seat military discount air fare beyond the March 31 expiration date. Delta, Eastern, Pan Am, Piedmont, and Republic Airlines will offer the discount fare indefinitely for all domestic routes and Continental Air-

lines has extended the discount fare indefinitely for selected domestic routes. Air Midwest and Trans World Airlines have extended their discount fare until Sept. 30. U.S. Air will offer the discount until Feb. 28, 1982.

Uniforms a must while up in the air

Uniforms shall be worn at all times on government owned, operated and contracted aircraft, except as subject to the provisions of the foreign clearance guide, or when political or personal security consideration (as

determined by the cognizant area commander) warrant civilian attire. This change will be reflected in a forthcoming revision to the Navy Uniform Regulations and in a future change to the Bureau of Naval Personnel Manual.

Cycle 88 advancement authorizations announced

The second segment of Cycle 88 E-5 and E-6 advancement authorizations has been announced. Advancements are distributed among all ratings and are effective on the 16th of the month.

Month	Grade	Active Duty	TAR	Total
May 1981	E-5	2,665	35	2,700
	E-6	969	25	994
June 1981	E-5	11,479	264	11,743
	E-6	4,084	104	4,188

Food abusers take toll

By Specialist Five Gene Hill

(Editor's Note: The following article is published with permission of the author and *Fog Horn*, where it first appeared. The situation covers a matter of concern to Letterman Army Medical Center Food Service officials. Any similarity of this problem to one experienced almost daily at Naval Regional Medical Center Oakland is purely intentional.)

San Francisco is indeed a mecca of haute cuisine. Most of us in the military have to wait until payday to be able to afford an enjoyable time with our families and friends at a good restaurant.

Contrary to popular beliefs, between paychecks, military dining facilities have provided much the same type of menu that most local restaurants offer. But because the price is cheaper we assume the food is not as good.

Regardless of earnest attempts by food service personnel to discourage this type of thinking, patrons continue to order huge amounts of food, pick at it birdlike and discard what would otherwise be considered expensive cuisine.

Ways to solve the problem

The people at Mitchell Dining room have contemplated the same dilemma and they came up with a solution based on their perspective, such as charging for every item of food selected while at the cash register, to include salt and pepper and a silverware rental fee.

But, because of the present Basic Allowance for Subsistence (BAS), which is approximately 70 cents for a full breakfast, and \$1.50 for both lunch and dinner (based on enlisted BAS), that system would probably frustrate everyone. A la carte menu rates like the one mentioned above could probably total \$3.50 for breakfast and \$5 for both lunch and dinner. Desserts, drinks and salads would undoubtedly cost extra.

Another way to cut "food abuse" could possibly be to charge twice the normal amount to anyone determined over a period of time to be a heavy food abuser. Or another possibility could be to make offenders wear identification tags with flame red letters marking them as "ABUSERS."

It would be a tremendous shame if the food service personnel had to double as food abuse monitors, which would take them away from preparing the foods properly and probably shorten the lunch hour by at least 30-45 minutes. You can almost feel the regression to elementary school environments where the teachers patrol the lunchrooms to "protect the students from their own bad habits."

This is not a sermon and is not intended to be interpreted as such, but, the fact remains in order to keep things the way they are or to improve things, make sure you do your part. For those who aren't sure exactly how or where to begin here is a list of food abuses that might cause the finger of famine to point at you:

- **Socializing:** Obviously, the lunch hour is a prime time to see all of the people you haven't seen since time began or the only time to see that person you've been interested in for so long.

- **Misjudging your appetite:** A frequent one. Many people leave their office with a two-hamburger fantasy while all their bodies really want is soup and salad.

- **Unnecessary seconds:** Combined with the above, this becomes the "eyes are bigger than the stomach" syndrome. On a given day when prime rib is served on one side and country fried chicken is on the other, remember to make your choice first, then, after completing your meal, have a drink of water, then decide if you want seconds, another entree, or dessert.

- **Blandness of food (compared to home cookin'):** Many times consumers are lead by their eyes and noses instead of a common rule. Food in any large institution such as LAMC cannot be well seasoned with gourmet spices nor smothered in butter nor fried in rich cooking oils or sherries because of patients, who in many instances are making the transition from benign colorless fluids to simple meals.

- **Short lunchtime:** Combined with other abuses, this item is mostly a bad case of prior planning. In many instances this combined with other causes can completely distort a normal appetite and lunch hour.

- **Misjudging the amount of condiments needed:** Each packet is equivalent to one tablespoon and approximately three cents. Q: How many packs of thrown-away ketchup does it take to cost the government \$100? A: 333 more than it should!

- **Eating dessert before the meal:** What in creation can match a light brown, flaky, well-proportioned slice of apple pie ala mode? Nothing really. The high amounts of sugar and starches satisfy most hunger pains without need for much assistance except milk.

Daylight Savings Time



Set clock

AHEAD

one hour

--and education---

Budgeting: necessary game plan for stabilizing finances

In these days of rising inflation, tax increases and shrinking incomes, it becomes more difficult for service families to live within their means. Therefore, it is apparent that a "game plan" becomes a necessary element in stabilizing your financial situation.

For civilians

OPM toughens rules on disability retirement

In an effort to strengthen the federal disability retirement program, the Office of Personnel Management (OPM) is publishing new regulations and issuing new guidance to agencies. The changes in the regulations were effective March 5. They call for:

A revised definition of "disabled" and "disability," which says that an applicant must not only be disabled for service in his/her current position, but also for service in any vacant position at the same grade or pay in the same commuting area of the agency. This means that an agency must look for and offer another comparable position to the potential applicant. An application for disability retirement will not be approved by OPM if there is a vacant position at the same grade or pay for which the individual qualifies. The changed definition was contained in Public Law 96-499, signed Dec. 5. Current annuitants are not affected.

Agencies may now reemploy disability annuitants in any position for which they qualify without a prior medical determination by OPM. Previously, agencies had to obtain a decision from OPM before hiring an annuitant in a career position, often causing delays.

OPM's guidance to agencies encourages retention of disabled employees in jobs for which they qualify. Agencies must attempt to accommodate the employee's medical condition in his/her current position or one of equal pay. OPM also encourages agencies to consider offering employees a lower grade with retained pay.

The aim is to continue productive employment and the use of disability retirement only to preserve income for the employee when attempts to retain him/her are unsuccessful. Disability retirement usually represents a considerable decrease in income to the employee as well as the loss of an experienced, trained employee to the agency.

The guidance includes legal criteria for disability and medical documentation necessary for submission, and detailed procedures on reemployment of non-covered annuitants.

The guidance includes a fact sheet for employees who may be

thinking about retiring on disability but are also eligible for voluntary retirement. The fact sheet points out that there are very few advantages in opting for disability. Under a 1976 Internal Revenue Service ruling, disability annuities are taxed, unless the annuitant is deemed to meet the IRS definition of disabled. That is, totally disabled for all gainful employment. Also disability claims can undergo delays in the review process while necessary documentation is obtained.

During recent months, OPM has tightened its enforcement of existing guidelines, and as a result some 30 percent of all initial applications were denied because they were so poorly documented or the applicant failed to meet the legal criteria. (Federal News)

Disability annuity at a special rate

The formula used to compute disability retirement is different from the general formula used to compute optional, discontinued service, and deferred retirements.

The law guarantees a minimum annuity to employees who retire on disability. This "guaranteed minimum" generally benefits those who have less than 22 years of service, and are under age 60 at the time they must retire.

If in any particular case, however, the general formula yields a greater annuity, it will be used.

The guaranteed minimum is not a fixed amount but may vary from one employee to another depending on age and "high-3" average pay, which is the highest pay obtainable by averaging the rates of basic pay in effect during any three consecutive years of service. The guaranteed minimum in a particular case would be the lesser of the two following amounts:

- 50 percent of the employee's "high-3" average pay, or
- the amount under the general formula after increasing the employee's actual creditable service by the time remaining between the date of separation and the date of attaining age 60. (Federal News)

The absence of a sound spending plan, or a budget, is a major factor in creating financial problems. If not checked, these problems can have a devastating effect on a military career and family well-being.

A good starting point for planning family finances is to take a hard look at your monthly income and determine how much cash you have to work with. There are two ways to determine this: record every expenditure for a month or two and devise a budget based on those figures or estimate your expenses and make budgetary adjustments as necessary. Either method will require periodic updates to reflect changing circumstances and to mold your budget into a workable financial tool.

The Navy Relief Society, a non-profit organization which assists Navy and Marine Corps members in times of emergency, provides financial counseling services designed to help service people and their families start out on a sound footing or, if in debt, help them dig out. Navy Relief counselors use a comprehensive budget form as a guideline for devising one's own system.

No matter what method is employed, every item where your money is spent should be included. Some expenses frequently overlooked include tobacco products, liquor and beer, barber and beauty shop fees, shoe repairs, books and magazines, drugstore products, stamps, coffee mess dues, food purchased away from home, gifts, miscellaneous car expenses such as oil changes, and bills that come due semi-annually, such as auto insurance. None of these may be large in itself, but all must be included in your plan. Even a small leak can sink a great ship.

Food is the hardest item to budget for most families (without actual spending records). Families of three or less members should add about 10 percent to the total food estimate for costs, quantity and duration of small, usually unaccounted-for items such as hair shampoo, household cleaning supplies and paper products. Families of five or more should add about eight percent to the total food estimate for this purpose.

Regardless of family size, add about \$10 per person to your monthly budget for clothing expenses—less if you make some of your own clothes or use hand-me-downs. Also, figure about five percent of your net pay per adult for personal expenses. When listing fixed expenses, don't forget to pay yourself. Part of everything you earn should be yours to keep, so set aside a portion of each month's income for savings. It's these dollars that provide a cushion in case of emergency. By sitting down with your family and drawing up a budget you can also help to determine what kind of credit purchase your family can reasonably afford.

Once you have developed a family budget, USE IT! It will alert you to areas which require more control and provide invaluable assistance when you are considering major purchases. Remember, you're losing financial control when you:

- Don't know where your money goes.
- Can't pay all of your monthly bills.
- Have no savings for emergencies or extra expenses.
- Are forced to charge items you used to purchase with cash.
- Can afford only minimum payment of charge accounts.
- Get into arguments over money.
- Receive telephone calls from creditors.
- Feel powerless and threatened by money worries.

You're in control when you:

- Plan your spending.
- Put needs before wants.
- Know how and when to say no.

Start saving! (NES).



INTERNATIONAL FLAVOR—Three visitors from Japan visited the Naval Regional Medical Center Oakland Food Services department earlier this month. In this photo, Lieutenant Commander Bruce Panas leads them on a tour of the kitchen and explains equipment used in food preparation for the hospital. Visitors are (l to r): Kaoru Nishimura, Chief, Food Services, Jichi-Medical School Hospital, Tomoko Usami, Chief Dietitian for U.S. Naval Regional Medical Center Japan, and Tadahiro Motoyama, a food service engineering consultant representing a Tokyo firm.

Yellowstone sailors to the rescue

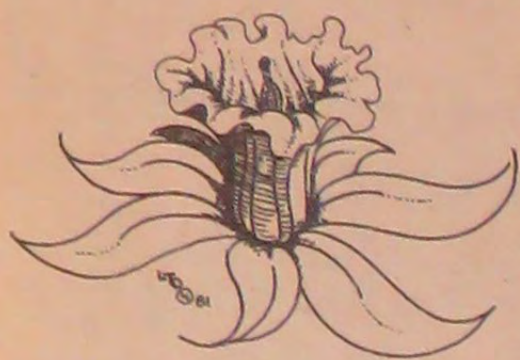
Newly commissioned USS YELLOWSTONE (AD-41) arrived at Port Canaveral, Fla., just hours before a five-story condominium building under construction in nearby Cocoa Beach collapsed. Eleven construction workers were killed and scores of others were injured in the March 27 accident.

A request from local authorities went out the next day to the community for oxygen and acetylene cutting torches and skilled operators to cut through steel reinforcements to permit

removal of concrete slabs at the scene. Eighteen Hull Technicians from YELLOWSTONE, led by CWO William Woods, responded. They worked through the night on March 28, with portable cutting outfits from their shops.

The cutting crews were joined by 18 additional YELLOWSTONE crewmembers, led by Lieutenant Richard Riboux, who assisted in removing concrete slabs from atop the trapped construction workers.

National Secretaries Week—a time to thank those



Norma Compton
OB/GYN



Blanche Bingham
Clinical Investigations



Judith Borodic
MI Support Activity
Clinic



Maureen Cammack
Nursing Service



Winifred Campini
Outpatient Service



Jean Chambliss
Pharmacy



Ramona Dodds
Dental Service



Mary "Lisa" Gabut
PMT Service



Marie Harris
MI Industrial Clinic



Betty Harrison
Radiology



Edna Hudson
Pediatrics



Mary Jacobson
American Red Cross



Carolyn Jefferson
Ophthalmology



Joy Kennedy
Fallon Branch Clinic



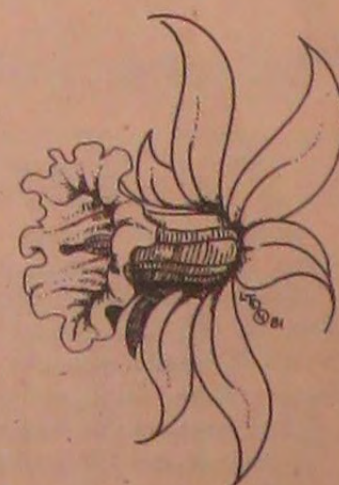
Joyce Kidder
MI Occupational Clinic



Sara Lou Knight
ENT Service



Helen Koetitz
Surgical Service



This week has been officially proclaimed National Secretaries Week by the U. S. Department of Commerce.

It is particularly appropriate for the Commerce Department to be the agency designating this week, as all commerce in the nation would surely come to a grinding halt were it not for the thoroughly proficient personnel who function as secretaries, both in and out of government.

Oak Leaf is pleased to take the opportunity to recognize just a

few of these hard-working and frequently unheralded individuals, and express sincere appreciation in behalf of the entire management team for the many services performed daily in the conduct of business throughout this medical region.

Although a sincere effort was made to photograph everyone in the region who performs as a total secretary, we may have unintentionally missed one or two. If that is the case, let us know and we'll see that you

Friday, April 24, 1981

who keep letters flowing and business organized

receive recognition in the next issue.

Some were on leave or otherwise unavailable when photos were taken. They include BEVERLY BILLMAN of the Alameda Branch Clinic and CELESTE HUNTER of Laboratory Service.

And—although they do not serve as secretaries for any one service, we would be remiss not to mention the World Processing Branch staff members who perform a typing/transcribing ser-

vice vital to the entire command. These employees are MARTHA STARKEY, AMELIA GURRERI, KEN TURNER, DAVA BERNSTEIN, LUCILLE HERRICK, DORENE JOHNSON, JANE KLINGENBECK, MARLENE MERRILL, RUTH SHIBLEY, PAT DRYDEN, PEGGY LAPUM, GERRY SLOCUM, JUDY WRIGHT, GRACE BEASLEY, TONIA HARRIS, ELOUISE CURTIS, LOUISE NUGENT, GLORIA COLEMAN and ROSEMARY ROMERO.

To you ALL, many thanks. (BB)



Debra Padilla
Operating Management



Susan Stark
Comptroller Office



Helen Rutz
Anesthesiology



Mary Takai
DSC Office



Dorothy Laurence
Alcohol Rehabilitation



Mary Lyle
Public Works



Patricia Scholine
TI Branch Clinic



Deborah Walden
Neurosurgery



Marjorie Lesage
CO's Office



Marion Mooney
Psychiatry



Delma Shanahan
Food Management



Kay Wheatley
Psychiatry



Jane Lippincott
Pastoral Care



Dottie Moore
Moffett Branch Clinic



Gertrude Silva
Urology



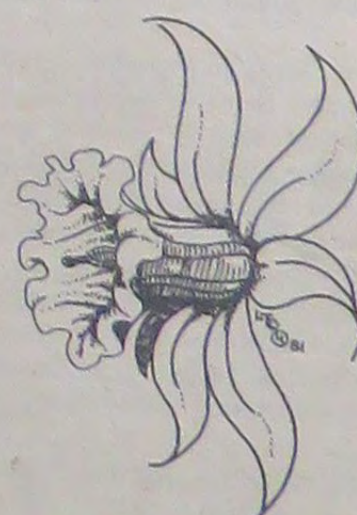
LaVerne Whittington
DAS Office



Jeanette Morgan
Medical Service



Alice Small
Orthopedics



Speaking of health care



HEAR THIS!—Coast Guard Hospital Corpsman Dan Lyman receives a certificate from Commander Thomas E. White of Otolaryngology following completion of a three day course held here for occupational hearing conservationists. Corpsman Lyman and another Coast Guardsman, Hospitalman Jonathan M. Klages, both from the Petaluma Coast Guard Station, were among the 14 enrolled.

Hearing conservation course sponsored by Otolaryngology

Fourteen students, two of them Coast Guard members and the remainder from the medical region's branch clinics, completed a three-day occupational hearing conservation course here earlier this month.

The course, sponsored by the Department of Otolaryngology and Head and Neck Surgery, is held here on a quarterly basis.

Students are given an overview of occupational noise problems in the Navy; the potentially harmful effects of noise on man; social, economic and

legal problems; effects of hearing impairment on ability to communicate, and limitations of occupational hearing conservationists.

They study physical acoustics and psychoacoustics, audiometric standards, anatomy and physiology of the ear, audiometer operation, methods of calibration, test procedures, personal hearing protection, etc.

On the final day they are given both written and practical examination on manual and self-recording audiometric techniques.

Keratotomy not CHAMPUS benefit

The Department of Defense (DoD) recently ruled to exclude from CHAMPUS benefits the radial keratotomy surgical procedure to correct nearsightedness, on the basis it is still experimental.

A spokesman said the National Advisory Eye Council (NAEC), the principal advisory body to the National Eye Institute, recently approved a resolution expressing concern about the widespread adoption of this surgical procedure. NAEC considers the radial keratotomy to be an experimental procedure because of its lack of adequate scientific evaluation in animals and humans.

Available research material reviewed by DoD, as well as other professional experts consulted, supported this conclusion.

In most cases an experimental surgical procedure tends to impact very few beneficiaries and therefore benefit decisions are made on a case-by-case basis under the general exclusion. In this instance, because of the high incidence of nearsightedness in the population, and numerous inquiries as to whether the procedure was covered, it was determined a public policy statement on the radial keratotomy was needed.

CHAMPUS has a general provision which excludes any services and supplies determined to be related to

experimental procedures or treatment regimens. The purpose of the limitation is to assure that the program does not encourage a treatment modality that has not been determined to be efficacious or safe.

Any CHAMPUS denial of benefits on the basis of specific surgical procedure or other treatment regimen is experimental can be appealed, however.

**FIND FAULT
WITH A CHILD
LONG ENOUGH
AND HE'LL
FIND FAULT
WITH HIMSELF.**

**Abused children
are helpless.
Unless you help.**

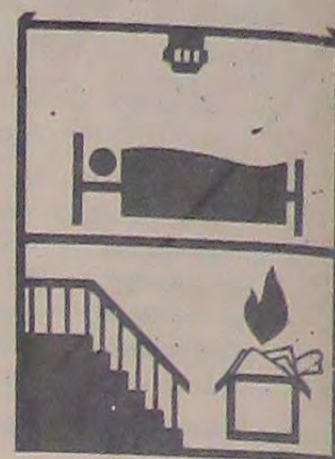


Write: National Committee for
Prevention of Child Abuse,
Box 2866, Chicago, Ill. 60690

A Public Service of This Newspaper
& The Advertising Council

In case of fire

Points to remember if highrise hotel guest



(Editor's Note: The following safety procedures to be used in a highrise motel/hotel fire are recommended by the National Safety Council and come to Oak Leaf through the courtesy of the American Red Cross. Oak Knoll Fire Chief Bruce B. Bobbitt reminds us that Bldg. 500, the main hospital building on this complex, is also a highrise and the following rules apply here as well.)

—Fire is not likely to chase you down and burn you to death; it's the byproducts of the fire that will kill you. Super-heated gases, smoke and panic will almost always be the cause of death before the fire arrives, if it ever does.

—Panic is especially a problem in unfamiliar surroundings. It is the product of your imagination running wild, and it can set in on you as soon as it dawns on you that you're lost, disoriented or you don't know what to do.

—If you plan how to escape from a fire before you're caught in one, in fact, if you start planning as soon as you check into your hotel, panic is not as likely to set in and you'll be in good shape to escape.

—It's essential that you develop the habit of checking your exit after you put your luggage down. As you return to your room, count the doors from your room to the fire exit.

—Do not use an elevator as a fire exit. Smoke, heat and fire do funny things to elevator call buttons and controls.

—When you return to your room, get into the habit of putting your key in the same place every time you stay in a hotel. A nightstand is an excellent location. It's close to the bed so you can grab your key when you leave without wasting time looking for it. It's important to close the door after you, but don't lock yourself out. You may find fire and smoke in the hallway and want to return to your room.

Let's suppose you wake up to smoke in your room. Grab your key off the nightstand and head for the door on your hands and knees. Even if you could tolerate the smoke standing, don't. You'll want to save your eyes and lungs as long as possible. The air five feet from the floor could already be laden with odorless carbon monoxide.

—Before you open the door, feel it with the palm of one hand. If the door or knob is hot, don't open it. The fire could be just outside. With the palm of your hand still on the door, in case you need to slam it shut, slowly open it and peek into the hallway to assess conditions.

—If the coast is clear, crawl into the hallway. Be sure to close the door behind you to keep out fire and minimize smoke damage to your belongings. As you make your way to the exit, stay against the wall on the side where the exit is. It's very easy to get lost or disoriented in smoke. If you're on the wrong side of the hallway, you might crawl past the exit. If you're in the middle of the hall, people who are running will trip over you. Stay on the same side as the exit, counting doors as you go.

—When you reach the exit, walk down the stairs and hang onto the handrail as you go. Exit doors are locked on the stairwell side, so you must walk down to the first floor.

—Smoke will sometimes get into the exit stairwell. If it's a tall building, the smoke may not rise very high before it cools and becomes heavy. This is called stacking. If your room is on the 20th floor, for instance, you could encounter smoke that has stacked. Do not try to run through it; people die that way. Turn around and walk up.

—When you reach the roof, prop the door open. This is the only time you will leave a door open. Any smoke in the stairwell can now vent itself, and you won't find yourself locked out. Find the windward side of the building so you won't be caught in smoke, have a seat and wait until firefighters find you. Stay put. Firefighters will always make a thorough search of the building looking for bodies. Live ones are nice to find.

—If there is any smoke in your room, one of the first things you'll want to do is open the window to vent it. (Keep the window closed if there is no smoke. There may be smoke outside.) I hope you learned how to open the window when you checked in; those of you who didn't, may smash the glass when you don't need to. The broken glass could cut like a surgeon's scalpel.

—If the room phone works, let someone know you're in there. Flip on the bathroom vent if smoke is coming through. Fill the tub with water. Don't get in it; it's for firefighting.

—Wet some sheets or towels and stuff the cracks of your door to keep smoke out. With your ice bucket, bail water from the tub onto the door to keep it cool. Feel the walls; if they're hot, bail water on them, too. You can put your mattress up against the door and hold it in place with a dresser. Keep it wet; keep everything wet.

—A wet towel tied around your nose and mouth will help filter out smoke if you fold it in a triangle and put the corner in your mouth. If there is fire outside the window, pull down the drapes and move everything that's combustible away from the window.

—It's important to say something about jumping because so many people do it. Most are killed or injured in the process. If you're on the first floor, you might as well just open the window and climb out. From the second floor you could probably make it with only a sprained ankle, but you must jump far enough to clear the building. Many people who hang from window sills and drop, hit sills and ledges on the way down and then go into cartwheels. If they don't land on their heads and kill themselves, they're usually seriously injured. If you're higher than the third floor, chances are good you won't survive the fall. You would be better off fighting the fire. Panic causes most people to jump. In a Brazil fire a few years ago, 40 people jumped from windows and all 40 died. Ironically, 36 of the 40 jumped after the fire was out.

Friday, April 24, 1981

People make news ---

OR techs graduate May 1

The first class of 1981 will soon graduate from Operating Room Technician School here.

Ceremonies will be held May 1 for 10 students who have by now nearly completed a 26-week course consisting of eight weeks of classroom instruction, and 18 weeks of "on-the-job" training in the different surgical services here at the hospital.

For honor student HM3 Danny R. Crosswhite all that work paid off. Graduating with a 90 average, he has received orders to NRMCC Long Beach. The rest of the class and their soon-to-be commands are as follows:

HN Mark E. Beatty	NRMCC, Okinawa
HN Clinton F. Brown	NRMCC, Great Lakes
HN Marguerite A. Coburn (Honors)	NRMCC, Newport, Rhode Island
HA Kerry Evensen	USS CONSTELLATION
HA Gobin Kalladeen	3rd FSSG, Okinawa
HM3 James C. Kansier	NRMCC, Bremerton, Washington
HM3 Suzanne E. Lavrich	NRMCC, Oakland
HN Luis A. Torres	USS VINSON
HN Sheryl L. Washington	NRMCC, Great Lakes

Along with the graduating class are two specialty students who went through the classroom phase of training. They are HN Vanessa D. Lawrence, who works in ENT, and HM2 Kim J. Russell, of Ophthalmology.

Equal Opportunity Specialist completes 26 years in Navy

Master Chief Hospital Corpsman Lawrence Davis, Jr., formerly with BUMED's Equal Opportunity Program Detachment at Oak Knoll, retired from the Navy recently with 26 years' service.

He is now making his home in Vacaville, specializing in "home economics, and no-stress fishing."

Speaking of his retirement ceremony and years in service, which ended March 31, the Master Chief said: "A monumental day... words cannot express the feeling. If I had to do it over I would not change much of anything. (I) met many great people (and gained) invaluable knowledge and experience. Everyone should try it. It's great from Day One until today. Memories and memorabilia will remain forever. The Navy's not just a job—it's an experience."

Originally from Buffalo, N.Y., the equal opportunity program specialist completed basic and advanced hospital corps schools, plus military training in clinical laboratory, submarine medicine, Navy diver, scuba and physiology, and

equal opportunity. He also completed studies at the University of Maryland and San Diego City College.

Assigned to Oak Knoll slightly under two years, he previously held billets at U. S. Naval Regional Medical Center, Yokosuka, Japan; USS GRAYBACK (SS-574); Naval Hospital, Subic Bay, P.I.; AFEES, Buffalo, N.Y.; USS SABALO (CS-302); NAAS Ream Field, San Diego, Calif.; U. S. Naval Hospital, Philadelphia, Pa.

Decorations include the Joint Service Commendation, Navy Achievement (three), Good Conduct (six), National Defense Humanitarian, Vietnam Expeditionary, and Vietnam Campaign (three).

The newly retired Navy man enjoys sailing, bowling, diving, entertaining and "socializing." He played on the CPO softball team at NRMCO and on the Greyhaws football team at Yokosuka.

Senior Chief Davis and his wife Anita are parents of a daughter and a son.

Kudos.....

APPRECIATION

HM1 John Lawrence, formerly of Military Manpower Service, Certificate of Appreciation from Navy Recruiting Command.

Lieutenant Commander James Jung, Nurse Corps, formerly of Clinical Investigation Center, letter of appreciation.

Lieutenant Milton F. Johanboeke, formerly of Dental Service, letter of appreciation.

Lieutenant Carol Grocholl, formerly of Nursing Service, letter of appreciation.

LENGTH OF SERVICE AWARDS

Lewis Whittington, Housekeeping, 35 years.

Essie Johnson, Food Management Service, 25 years.

Kay Wheatley, Psychiatry, 20 years.

FROCKED

Lieutenant John Schleifer, Medical Service Corps, Audiology.

ADVANCEMENTS

MM1 Kevin Garber, HM2 Winston Scott, HM3 Joanne Wroblewski and HM3 Desmond Allison.

AUGMENTATION

Medical Corps Lieutenant Keith Gabriel, Orthopedics.

REENLISTMENT

Hospital Corpsman Second Class Michael Presley, Operating Room.

Dr. Gibbs lends aid

Naval Reserve Commander Steve Gibbs was recently acting head of the medical center's Alcohol Rehabilitation Service during the temporary absence of Captain Richard A. Golden, who attended a National Council on Alcoholism conference in New Orleans, La.

Dr. Gibbs' normal position is Chief of Alcohol Rehabilitation for the Veterans Administration Hospital in San Francisco.

Comings and Goings -----

"Fair winds and following seas" to the following staff members who have departed this command:

Nurse Corps Lieutenant Commander James Jung to San Diego.

Dental Corps Lieutenant Milton F. Johanboeke to 3rd FSSG.

Nurse Corps Lieutenant Carol Grocholl to Okinawa.

Senior Chief Schlegel wraps up active duty

Senior Chief Hospital Corpsman Jerry P. Schlegel, Assistant Chief of Operating Management Service, will be transferring to the Fleet Reserves on April 30, after serving 20 years' active duty in the Navy, nearly three of them here.

Chief Schlegel, his wife Sally, and daughter Susan will remain, for the time being, in the Bay Area, but, according to the Chief, there is a possibility that the family could later move to Florida.

Chief Schlegel completed Hospital Corpsman "A" School, Nuclear Submarine Medicine School, Diving School, and Instructor School during his Navy career.

That career has taken him to many duty stations including Naval Hospital Guam; Patrol Squadron 46; Naval Hospital Subic Bay; Branch Clinic Mare Island; Naval Submarine Medical Center New London, Conn.; USS SCAMP (SSN-588), USS GRAYBACK (LPSS-574) (two tours), Navy and Marine Corps Reserve Center San Jose, and USS SPERRY (AS-37).

Among the awards he has collected during his career are four Good Conduct Awards, an Armed Forces Expeditionary Medal, National Defense Medal, Vietnam Service and Campaign Medals, and a Meritorious Unit Citation.

When asked about his feelings towards retirement, Chief Schlegel

responded, "You've noticed this smile I've been wearing lately, haven't you?"

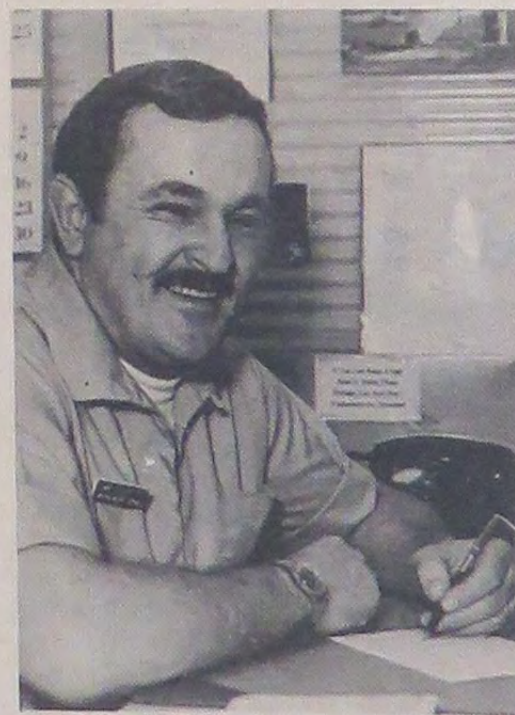
The Chief will soon have more time on his hands to enjoy his two favorite pastimes—golf, and fishing.



HMCS Jerry P. Schlegel

Chief Shields soon enroute to permanent 'CIVPAC' duty

Chief Hospital Corpsman John D. Shields has announced that he plans to go on "permanent shore duty in CIVPAC," effective April 30.



HMC John D. Shields

"It's been a long time in coming, and that ain't no sea story," continued the Navy vet of 22 years' service.

Chief Shields, assigned for four

years to Naval Regional Medical Center Oakland where he has been Administrative Assistant to the Chairman of Ophthalmology, plans to take a civilian job in his hometown of Toppenish, Wash., where his parents still make their home.

In addition to duty at Oak Knoll, prior billets have included Naval Hospital, San Diego; Naval Hospital, Quantico, Va.; Naval Hospital, Portsmouth, Va.; Station Hospital, Keflavik, Iceland; USS KRISHNA (ARL 38); Beachmaster Unit No. 2, Little Creek, Va.; Naval Dispensary, San Diego; USS OKANOGAN (APA 220); USS OKINAWA (LPH 3); Naval Station Dispensary, Treasure Island, Calif., and USS ENTERPRISE (CVAN 65).

He holds the Good Conduct, National Defense, Armed Forces Expeditionary and Vietnamese Service medals, plus the Vietnamese Cross of Gallantry with Palm Leaf, Vietnamese Campaign, Meritorious Unit Commendation, Battle Efficiency "E" Ribbon, and the Sea Service Deployment Ribbon.

The affable chief and his wife Sally are the parents of a daughter, Laurie.

His hobbies include hunting, fishing and graphanalysis.

of Internal Medicine.

Hospital Corpsman Second Class Ramon P. Yee, formerly of Pharmacy.

"Welcome aboard" to newly arrived:

Commander Thomas Snyder, Medical Corps, ACDUTRA Urology.

(Continued to page 11)

With the family ---



IN OPERA—Mary L. Gillette, wife of Hospital Corpsman First Class Frank Gillette of the Clinical Investigation Center, recently performed in the Dominican College production of Offenbach's comic opera "Christopher Columbus." Mrs. Gillette played the piano, sang in the chorus and was involved in back-stage production.

Local office a housing aid

New families whose sponsors have been assigned to Naval Regional Medical Center Oakland are reminded that there is a housing referral office on base in Bldg. 10, telephone 639-2309.

As we all know, housing in the metropolitan area of the East Bay is very limited and very expensive. Approximately 80 percent of the landlords will not accept children and 99 percent will not allow pets.

To help you with the difficult task of finding housing in the civilian community, the referral office provides rental information and assistance for military members, DoD civilian employees and their families. Listings are maintained for all commuting areas, east to Pittsburg, west to San Francisco, south to Fremont and north to Pinole.

In addition, there are many federally subsidized housing complexes within the commuting distance. These units are available to low and moderate income military personnel with rental fees based on family income.

Student loans for spouses

Navy Relief Society is now sponsoring a pilot project offering loans to spouses of active duty servicemembers for a post-secondary education program of half or full-time studies.

Applications forms are now available at the East San Francisco Bay Auxiliary, Navy Relief Office, in Bldg. 135, Naval Air Station Alameda. They must be processed and submitted before the May 15 deadline for the fall semester and the program is restricted to a limited number of applicants.

All applications are screened by a local committee appointed by the NAS Alameda commanding officer. Preference will be given to applicants who are spouses of enlisted or junior officer servicemembers who plan to attend vocational school, short-term professional school, or complete a previously commenced degree program

(undergraduate or graduate).

The maximum amount available under the society's program is \$2,500 per year (\$12,500 total) for undergraduate education (six or more credit hours per semester). Loans are not available for part-time education, which is defined as less than six credit hours per semester. Graduate students are eligible for \$5,000 in loans per year, up to a combined graduate and undergraduate loan total of \$25,000.

Interest payments will be nine percent unless the loan had been previously received before Jan. 1, 1981 under the GSL Program for school. Repayment period is 10 years. The government pays the interest while the spouse is in school and during the "grade period."

For further information, call 869-4188.

What to ask teacher

Low test scores subjective

Your child comes home from school with standardized test scores that are below the norm. What does it mean? And what can you do?

The National Institute of Education notes that standardized tests are something every parent should understand.

Here are some questions you can ask the principal or your child's teacher:

What kind of standardized test did my child take? Aptitude tests are used to measure a child's ability to learn. Achievement tests show how much students have learned in a particular subject.

Both of these tests compare your child with other students.

How do students in this school generally compare with students in other schools in the system? With students across the country?

Do the teachers have any special training in testing? Are the students given any practice in taking tests?

Are there any workshops or special programs planned to help students understand the tests and what the results mean?

Have the test makers reduced cultural bias in the tests the children will be taking?

There are general questions you should ask about any test, but there are also specific questions you need to ask about how the test results will be used for your child:

In achievement tests, the results are frequently given as grade equivalents. For instance, a child in the fourth grade who is an average student would have a score of 4.4. If a child scores well above or well below average, ask if this information will be used to help set up a special program. If so, what other information will be used to decide if the child needs special placement?

If your child's scores are above or below average levels on the test, are other children in the class in the same situation?

Finally, ask what you can do at home to help. Remember, tests help teachers plan, too.

To learn more about testing, including how you can help your child prepare for these tests, send for a copy of "Your Child and Testing." It's free from Consumers Focus, Pueblo, Colorado, 81009.

the Military Family

(Many questions arise throughout a military career about the effect of the military way of life on children and families. This is the first of a series of articles that will address itself to "The Military Family." Author of the series is Medical Corps Commander Eli Breger, USNR, who is currently Chief, Psychiatry Service, Naval Hospital, Beaufort, S. C. If you have a question that you think would be of interest to military families around the world, you may write to Dr. Breger, c/o American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209. Questions of general interest will appear in later issues of this series.)

Question: Does my military career allow for a good family life?

Reply: It most certainly can. Although not without its drawbacks, military life offers many potential advantages for a family. As in all of life, it is what you make of it.

Advantages: The military takes care of its own in a broad, all-inclusive way. While civilians in increasing numbers feel estranged from their large impersonal communities and are critical of services and facilities, the military base attempts to provide a cohesive, all-inclusive "village life" which includes housing, schooling, recreational opportunities, youth facilities, clubs, medical care, legal services—just to name a few. Thus the military has a true community atmosphere, much like an "extended family" with its social and emotional supports. It is a closed, cohesive, and structured social system with shared values and clearly delineated acceptable behavior patterns.

Should family behavior be legally, morally, or militarily unacceptable, there is prompt command response. Behavior of dependent family members is thought to reflect the competence of the military parent to manage his or her own household affairs. While this response is viewed by some as meddling, by others it is seen as replacing the past traditional role of neighborhoods and relatives.

A servicemember is not scorned for problems within the family, but rather encouraged, even ordered, to seek help.

In addition, military communities offer opportunities to live with people of varying social, religious, and ethnic backgrounds. Distinct and consistent role models exist for children to identify with; the child clearly knows what his parent does and for whom it is done.

Disadvantages: All is not 'milk and honey' for the servicemember and the family. There are stresses and unfavorable factors.

Isolation from the surrounding community may create an unnatural feeling, but this can be overcome through programs designed to have military and civilian families work together on community projects.

Frequent family moves, often involving long distance and culturally different settings create a discontinuous life pattern. As stressful as this mobility may be, it does create adventures and opportunities to travel which broaden cultural experiences and friendships. This can enhance the adaptive and coping skills of a psychologically sound family.

Frequent service deployments naturally stress the mother and children, especially boys, but shorter deployments are now being scheduled to help overcome this tension.

Finally, rank structure and the enlisted/commissioned officer dichotomy permeate work and life in the military community, but in the military—as opposed to civilian life—the path to advancement is more clearly defined and accessible.

The military life is first and foremost life. It has positive and negatives to be dealt with, and the outcome depends somewhat on good fortune, but more on what you make of it.

A military career can indeed be an excellent growth-fostering setting for successful family life.

Navy Memorial seeks donations

A donation program to make commemorative gifts to the Navy Memorial has been established by the U. S. Navy Memorial Foundation.

Rear Admiral William Thompson, USN (Ret.), president of the foundation said, "We have had numerous inquiries from the surviving families and friends of retired and active naval persons who wished to make contributions to the Navy Memorial in the name of the deceased."

He continued, "This can be done quite simply. All that is required is a contribution to the foundation in whatever amount the donor wishes. In turn, the foundation will forward appropriate cards to the deceased's family and the contributor acknowledging the fact that the contribution was made."

Enactment of Public Law 96-199 in March 1980 authorized the foundation to construct the memorial on public land in the District of Columbia.

In March 1981 the Navy Memorial Foundation was granted approval by the Pennsylvania Avenue Development Corporation to construct a \$10 million living memorial at Market Square Park on Pennsylvania Ave.

The Navy Memorial will feature an amphitheater and stage that will become a permanent home for the Navy Band.

It will also provide facilities for other concert organizations, both military and civilian, and a water park designed to reinforce the Pennsylvania Avenue planned goals for stimulating street life and making Market Square a center for patriotic and public activities.

Lifestyle

Smithsonian offers tips

Need boost up family tree?

Digging into your family's past can be interesting, but just finding out how to start can be a problem.

To help you get started, though, the Smithsonian Institution has put together a booklet that gives tips on how to go about methodically tracing your family's stories and history.

Looking into family folklore means finding answers to questions like, do you have a notorious or infamous character in your family's past? How did your family survive the Great Depression of the 1930s?

There may be unique expressions that are used in your family that have been passed on from generation to generation.

Once you've appointed yourself "family historian" you'll want to start your research by interviewing a family member with whom you feel very comfortable—a parent, grandparent, brother or sister.

To make certain that nothing is lost, use a tape recorder, but alert the relatives ahead of time that you will be taping the conversation. Taking notes



while talking to someone can be distracting. (Whatever you do, don't make a big production of holding the microphone right in front of the person's face. Start the machine and keep it out of the way. Most microphones available today will pick up over-the-table conversation very easily.)

Here are some questions that the Smithsonian's booklet suggests you ask:

—What do you know about your family surname? Its origin? Its meaning? Did it undergo change coming from the "old country" to the United States? Does anyone remember arriving in the U. S. or hearing other rela-

tives describe that adventure?

—Can you sort out the traditions in your current family according to the branches of the larger family from which they have come? Have the traditions of a specific grandparent been dominant?

—How did your parents, grandparents and other relatives come to meet and marry? Are there family stories of lost love, jilted brides, unusual courtships, arranged marriages, elopements, runaway lovers?

—Are there any expressions still used today that came from grandparents? What were the origins of these expressions? Is there a member of the family who has created one or more of these unique expressions?

If you want to explore this interesting field in greater detail, get yourself a copy of the Smithsonian's booklet.

Make out a check for \$1 payable to the "Superintendent of Documents," and send it off to Consumer Information Center, Dept. 166h, Pueblo, Colo., 81009. Ask for the booklet titled "Family Folklore."

Good luck!

TI to host AF Ball

Navy, Army, Air Force, Marine Corps and Coast Guard personnel, both active duty and reserve, along with civilian friends of the Armed Services, will gather May 16 for the first annual Combined Armed Forces Ball, to be hosted by the Navy aboard Treasure Island, in the middle of San Francisco Bay.

The evening's entertainment will begin with a cocktail hour at 7 p.m., followed by a hearty buffet dinner and entertainment. Dinner will conclude with the cutting of a 10-foot Armed Forces Week cake, then dance music will be provided by two live bands, the Navy Band San Francisco, and the Sixth Army Band from the Presidio.

The gala event is open to all military officers and enlisteds E-6 and above, both active and reserve, and to civilian friends of the Armed Forces. Dress is Military Dinner Dress or civilian black tie. Tickets are \$16.50 per person, \$33 per couple. Tables of 10 may be reserved; and attendance is limited to the first 800 reservations.

For reservations, contact Mrs. Marjorie Lesage, Office of the Commanding Officer, Ext. 2111.

If you're about to retire

If you are due to retire from the Navy within the next two years, now is the time to look into the requirements for shipping personal property under retirement orders.

In general, the weight allowance remains the same, however, the distance is not restrictive. You may relocate anywhere in the world, providing you have proper entry authority and customs clearance for a foreign country.

If you plan to retire in a foreign country, the written clearance for that country must accompany the application for a personal property shipment.

For shipping personal property in the United States, just pick the destination and file an application. Final arrangements for personal property shipments should be requested at least 60 days

before the desired shipment date. Notification for a personal property shipment must have been on file with the Personal Property Shipment Office for one year before the retirement date. If you apply for a property shipment on the last day of your eligibility, be ready to move within a two-week period.

If you haven't chosen a home upon retiring, there is an entitlement for personal property storage for up to one year from the date of retirement. Exceptions to the retirement personal property shipping and storage are many and varied.

Each shipping and/or storage need is unique. Your best "move" is to contact the local personal property office at Naval Supply Center, Oakland for specific information. (NES)

Great America offers discount

NRMCO Oakland personnel can now purchase Great America tickets for only \$8.50.

Specially reduced admission tickets (good any operating day during the 1981 season) are now on sale at the Special Services Office.

Each ticket includes a full day's admission and unlimited use of the park's rides, shows and attractions. The Santa Clara theme park is open on spring and fall weekends and daily in the summer. Park operating hours and dates are printed on the tickets.

As an added attraction, anyone presenting a ticket at the park entrance March 7 through May 3 will receive \$3 in Fun Money to spend inside Great America on food, merchandise and non-coin operated games.

Great America's attractions this year include "Music, Music, Music," an electrifying musical revue in the Grand Music Hall performed by the Great America Singers and an encore of the "Bugs Bunny Story" in Theatre Royale.

Tickets may be obtained at the Special Services ticket office.

Welcome aboard

(Continued from page 9)

Lieutenant (junior grade) Joel Libby, Medical Service Corps, Military Manpower.

Ensign Marsha Pierdinock, Clinical Clerk.

Lieutenant William McCullough, Medical Service Corps, indoctrination in Pharmacy while enroute to Subic Bay.

Captain David Wallin, Medical Corps, ACDUTRA Clinical Investigation Center.

Nurse Corps Lieutenants (junior grade) Kathryn Clark, Anthony Sessrich and Sherman Standiford, Nursing Service.

Hospital Corpsman Third Class Vanessa Walker, Patient Affairs.

Hospitalman Recruit Noah Albertson, Operating Management.

Hospital Corpsman Second Class Craig Allen, Nuclear Medicine.

Hospital Glenn Clark, Special Services.

Hospitalman Recruit Manuel Cheo, Neurosurgery.

Hospital Corpsman Third Class Shannon Daugherty, Military Manpower.

Chief Hospital Corpsman Michael Davila, ACDUTRA, Photo Lab.

Hospitalman Recruit Steven Frederickson, Pharmacy.

Hospital Corpsman Third Class Paul Jackson, Laboratory.

Hospitalman Verlena Johnson, Neurosurgery.

Hospital Corpsman Second Class Paulette Leafe, Primary Care.

Hospitalman Apprentice Rex Lipold, Neurosurgery.

Hospitalman Apprentice Rod Russell, Orthopedics.

Classifieds

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

HOUSE FOR SALE

Charming, cozy 2-bedroom, 1-bath home—1½ mi. from NRMCO. 2-car garage, fireplace, many extras. \$82,000—assume 10.75% conv. loan. Lt. Melodie Tyler, Ext. 2475; 635-5878.

MOVIES

Friday, Apr. 24, 6:30 p.m.—AND JUSTICE FOR ALL—Al Pacino, Jack Warden—Drama/R

Saturday, Apr. 25, 1 p.m.—IN SEARCH OF THE CASTAWAYS—Haley Mills, Maurice Chevalier—Adventure/G

Saturday, Apr. 25, 2:45 p.m.—A LITTLE ROMANCE—Sally Kellerman, Laurence Olivier—Comedy/PG

Sunday, Apr. 26, 6:30 p.m.—ASSAULT ON AGATHON—Nico Minardos, Nina Van Pallandt—Drama/PG

Monday, Apr. 27, 6:30 p.m.—NINE TO FIVE—Dolly Parton, Jane Fonda, Lily Tomlin—Comedy/PG

Tuesday, Apr. 28, 6:30 p.m.—TRIBUTE—Jack Lemmon, Robby Benson—Drama/PG

Wednesday, Apr. 29, 6:30 p.m.—A CHANGE OF SEASONS—Shirley MacLaine, Bo Derek—Comedy/R

Thursday, Apr. 30, 6:30 p.m.—1941—John Belushi, Ned Beatty, Comedy/PG

Friday, May 1, 6:30 p.m.—THE WARRIORS—Michael Beck, James Remar—Action/R

Saturday, May 2, 1 p.m.—THE FURTHER ADVENTURES OF THE WILDERNESS FAMILY—PART II—Robert Logan, Susan Shaw—Action/G

Saturday, May 2, 2:50 p.m.—THE PICTURE SHOW MAN—Rod Taylor, John Meillon—Comedy/Adventure/PG

Sunday, May 3, 6:30 p.m.—OLD BOYFRIENDS—Talia Shire, Richard Jordan—Romantic Drama/R

Monday, May 4, 6:30 p.m.—SUNBURN—Farrah Fawcett, Art Carney—Comedy/PG

Tuesday, May 5, 6:30 p.m.—SIMON—Alan Arkin, Madeline Kahn—Comedy/PG

Wednesday, May 6, 6:30 p.m.—THE PRIVATE EYES—Tim Conway, Don Knotts—Mystery-Comedy/PG

Thursday, May 7, 6:30 p.m.—KRAMER VS KRAMER—Dustin Hoffman, Meryl Streep—Drama/PG

Off duty ---

1981 Slow Pitch Softball Schedule

DAY	DATE	M/W*	OPPONENT	LOCATION	TIME
Sat	4/25	W	DLI Monterey	Home	11 a.m. DH
Tues	4/28	M	USS Pt. Loma	Home	5 p.m.
Wed	4/29	W	Mare Island	Home	5 p.m.
Thur	4/30	M	Moffett Field	There	5 p.m.
Fri	5/1	W	NAS Alameda	Home	5 p.m.
Sat	5/2	M	NAS Lemoore	Home	11 a.m. DH
Tues	5/5	M	NWS Concord	Home	5 p.m.
Wed	5/6	W	NAS Moffett Field	There	5 p.m.
Thur	5/7	M	Skaggs Island	There	5 p.m.
Tues	5/12	M	CG Alameda	Home	5 p.m.
Wed	5/13	W	USS Pt. Loma	There (Vallejo)	5 p.m.
Thur	5/14	M	NAS Alameda	There	5 p.m.
Tues	5/19	M	Mare Island	There	5 p.m.
Wed	5/20	W	Skaggs Island	Home	5 p.m.
Tues	5/26	M	Treasure Island	There	5 p.m.
Wed	5/27	W	Treasure Island	There	5 p.m.
Thur	5/28	M	USS Pt. Loma	There (Vallejo)	5 p.m.
Tues	6/2	M	NAS Moffett Field	Home	5 p.m.
Wed	6/3	W	Mare Island	There	5 p.m.
Thur	6/4	M	NWS Concord	There	5 p.m.
Sat	6/6	W	NAS Lemoore	Home	11 a.m. DH
Tues	6/9	M	Skaggs Island	Home	5 p.m.
Wed	6/10	W	NAS Alameda	There	5 p.m.
Thur	6/11	M	CG Alameda	There	5 p.m.
Fri	6/12	W	NAS Moffett Field	Home	5 p.m.
Tues	6/16	M	NAS Alameda	Home	5 p.m.
Wed	6/17	W	USS Pt. Loma	Home	5 p.m.
Thur	6/18	M	Mare Island	Home	5 p.m.
Sat	6/20	M	DLI Monterey	There	11 a.m. DH

*=Men=M Women=W
DH=Doubleheader

Central Pacific Regional Women's Championship, Naval Air Station Lemoore, June 19-21.
Central Pacific Regional Men's Championship, Naval Support Activity Mare Island, June 24-28.
Men's Coach: Hal White Ext 2511.
Women's Coach Martin "Tiny" Geer Ext 2471.
Good luck and have an injury free season!!!

Race to honor Vietnam vets

The Veterans Affairs Office, Cal State University Hayward, is sponsoring a 15-kilometer run through the Hayward hills on Sunday, April 26, in honor of Vietnam Veterans Day. All proceeds go to the Community Resources for Independent Living.

The race will begin at 8:30 a.m., starting and finishing at West Loop Road on the campus. The course will follow scenic Fairview Drive to Second Street and back to the university. It is a hilly course.

Trophies, contributed by local sports

organizations, will go to those taking first in each of four categories: Open Men (Disabled); Masters Men (40 and over); Junior Boy (16 and under), and Women. T-shirts will be given to the first 250 registrants.

Registration fee is \$6 if made in advance; \$7 the day of the race (registration 7-8 a.m.). Checks should be made payable to Veterans Affairs Office, Cal State Hayward.

A limited number of registration forms are available in the medical center's Public Affairs/Oak Leaf Office.

Tiffany exhibit benefits hospitals

The UC-San Francisco Hospitals Auxiliary will host a benefit viewing of the Tiffany exhibit at the M. H. deYoung Memorial Museum, Golden Gate Park in San Francisco, on Friday, May 1, 6:30 to 8:30 p.m.

The exhibit, which opens at the deYoung April 25, and continues through Aug., features more than 300 objects from the collection of the Charles Hosmer Morse Foundation, Inc., the largest Tiffany collection in the world. The objects include stained glass, the famous Tiffany lamps, jewelry, paintings, pottery, photographs, and other art works by Louis Comfort Tiffany, son of jewelry and silver firm founder Charles L. Tiffany. Louis Tiffany's innumerable and beautiful creations graced the homes of countless Americans in the decades before and after the turn of the century.

Tickets for the Auxiliary's benefit showing are \$15. All proceeds will be given to UCSF Hospitals and Clinics for patient amenities. Wine and cheese will be served.

To purchase tickets or for more information about "A Viewing of the

Tiffany Collection," contact the UCSF Auxiliary office at (415) 666-4906, weekdays between 10 a.m. and 2 p.m.

Local secretary to dance on stage

Lisa Gabut, Preventive Medicine Service secretary, will be one of a group of dancers performing in the 21st Annual Production of "Sails of the Pacific," to be held at Las Lomas High School in Walnut Creek May 14, 15 and 16, at 8 p.m. each evening.

The production will feature authentic dances from Tahiti, Hawaii, Philippines, New Zealand and Samoa.

Tickets may be purchased at the door (adults, \$4.50; senior citizens and students, \$3; children, \$2), or in advance at a 50-cent per ticket discount from travel agencies in Walnut Creek and Lafayette, or from Lisa herself.

For further information, call Ms. Gabut at Ext. 2071.

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Three championships scheduled

May will be a busy month for sports competitors, as the Central Pacific Regional Men's and Women's singles table tennis championships will be held at Naval Station Treasure Island, and the Central Pacific Regional Men's bowling tournament will follow at Moffett later the same month.

The men's and women's singles table tennis championship will be a competition for active duty military men only, and will be held on May 2 at Treasure Island, beginning at 10 a.m. All interested participants must register with the tournament director at the gymnasium, Bldg. 402, no later than 9 a.m. May 2.

The Central Pacific Regional Men's Bowling Tournament will be held May 11-13 at the Naval Air Station Moffett Field bowling lanes.

An average of 170 or above for 21 games during the 1980-81 season must be established before April 30 in order to qualify for this tournament.

'They're RUNNING'... FOR FREE!

Most everyone who reads the sports pages knows that the Bay Area has two very active horse racetracks—Golden Gate Fields in Albany and Bay Meadows at San Mateo.

Perhaps you don't know, however, that Golden Gate Fields (only) invites all servicemen in uniform (or with active ID cards) to attend the races with FREE admission to the grandstand. Thoroughbred racing is presented at this track five days a week. Right now the ponies are running five days a week, Tuesday through Saturday with first post 1:30 p.m. weekdays and 1 p.m. on Saturdays. Beginning with Sunday, May 10, however, racing will be conducted on a Wednesday through Sunday schedule.

The quarter horse racing at Bay Meadows will end Sunday afternoon, May 3. First post on Thursday, Friday and Saturday nights is at 7:45 p.m. On Sunday and Monday the horses run in the afternoon with the first post at 1:30 p.m. Feature races still to be run

are the Peninsula Championship (\$60,000 added) on April 26, the Redwood City Handicap and the Bay Meadows Futurity Consolation on May 2, and the Bay Meadows Futurity (\$400,000 Est.) on May 3, the final day.

Open house slated

The Alameda Naval Air Station Yacht Club will hold its annual open house on Saturday, May 2, at 10 a.m.

This event will take place at the Special Services Marina at the air station. All interested persons are invited for a free tour on board the 44-foot *Luders Yawl*.

Refreshments, including hamburgers and hotdogs, will be available.

For more information, contact HM2 Brian Bush at Ext. 2441, or LT Glen Doyon at Ext. 2291.

1981 Oakland A's Home Schedule

Date	Team	Time	Date	Team	Time
April			July		
27	California Angels	7:30	1	Kansas City Royals	7:30
28	California Angels	7:30	2	Kansas City Royals	1:30
29	California Angels	1:30	10	Minnesota Twins	7:30
May			11	Minnesota Twins	1:30
1	New York Yankees	7:30	12	Minnesota Twins	1:30
2	New York Yankees	1:30	16	New York Yankees	7:30
3	New York Yankees DH	12:30	17	New York Yankees	7:30
5	Detroit Tigers	7:30	18	Detroit Tigers	1:30
6	Detroit Tigers	7:30	19	Detroit Tigers DH	12:30
7	Detroit Tigers	1:30	20	Milwaukee Brewers	7:30
8	Milwaukee Brewers	7:30	21	Milwaukee Brewers	7:30
9	Milwaukee Brewers	1:30	22	Milwaukee Brewers	1:30
10	Milwaukee Brewers	1:30	August		
22	Toronto Bluejays	7:30	4	Seattle Mariners	7:30
23	Toronto Bluejays	1:30	5	Seattle Mariners	1:30
24	Toronto Bluejays DH	12:30	14	California Angels	7:30
25	Chicago White Sox	1:30	15	California Angels	1:30
26	Chicago White Sox	7:30	16	California Angels	1:30
27	Chicago White Sox	1:30	18	Boston Red Sox	7:30
June			19	Boston Red Sox	7:30
5	Boston Red Sox	7:30	20	Boston Red Sox	7:30
6	Boston Red Sox	1:30	21	Baltimore Orioles	1:30
7	Boston Red Sox	1:30	22	Baltimore Orioles	1:30
9	Baltimore Orioles DH	5:00	23	Baltimore Orioles	7:30
10	Baltimore Orioles	1:30	24	Cleveland Indians	1:30
12	Cleveland Indians	7:30	25	Cleveland Indians	1:30
13	Cleveland Indians	1:30	Sept.		
14	Cleveland Indians DH	12:30	7	Texas Rangers	1:30
26	Texas Rangers	7:30	8	Texas Rangers	7:30
27	Texas Rangers	1:30	9	Texas Rangers	7:30
28	Texas Rangers DH	12:30	11	Kansas City Royals	1:30
29	Kansas City Royals	7:30	12	Kansas City Royals	1:30
30	Kansas City Royals	7:30	13	Kansas City Royals	7:30
			25	Chicago White Sox	1:30
			26	Chicago White Sox	1:30
			27	Chicago White Sox DH	12:30
			29	Toronto Bluejays	1:30
			30	Toronto Bluejays	1:30

To obtain tickets to the above mentioned games, visit Special Services or call Sally Young at Ext. 2479.

the Oak Leaf



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, May 8, 1981

Marine's severed finger reattached here

Chances are that Marine Corps Lance Corporal Terry Lee Kuusi of Pengilly, Minn., will always remember his 20th birthday. He might even have a small scar to show for it.

Around midnight of the night before (April 19), he was making his rounds as a security policeman at Naval Weapons Center, Concord, Calif. It was raining as he started back down a ladder after

checking the security of one of the buildings, and his right foot slipped as he began descent. When he made a grab for the ladder, a ring on his finger caught on a rung, and the weight of his falling body ripped off the imprisoned finger.

Now stunned and on the ground, the young marine called for the corporal of the guard on his radio and after the two conducted a brief, unsuccessful search for the missing digit, the hunt was abandoned and the injured man taken to the Naval Regional Medical Center Branch Clinic on the Concord base.

As medics gave him first aid, Marine Corps patrol drivers and Privates First Class Paul McGuire and Calvin Cosen arrived on the scene with the missing finger. Clinic personnel rapidly packed the finger in ice, wrapped up the injured hand and soon had the patient enroute to the Naval Regional Medical Center's headquarters hospital in Oakland, via a Navy fire department ambulance from Concord.

Awaiting the patient's arrival was a team of Navy microsurgons—Commander James R. Schneider and Lieutenants George B. Batten and David E. Brown. They would be assisted in the surgery by Hospital Corpsman Third Class Randy F. Hanson, a certified operating room technician assigned to Orthopedic Service who is responsible for maintaining the microscopes and coordinating the technical aspects of reimplantation and transplantation surgical procedures now being successfully practiced at the Oakland hos-

pital.

After seven hours in the operating room, the specialty surgeons successfully reattached the Marine's torn finger to his hand. Because of the violent nature of the sudden rip, the amputation was ragged rather than cleanly severed, and it was necessary to remove a portion of a vein from his left foot to splice together arteries from the stump and finger.

Lance Corporal Kuusi, now recuperating at the Oakland medical center, reports that he has no pain in the hand and that three or four days after the surgery he regained movement in the reimplanted third finger of his right hand.

According to Captain David M. Lichtman, Chairman of Orthopedic Service and head of the hospital's microsurgery team, the reattachment appears to be a complete success. "The first dressing change has now been made," Dr. Lichtman said, "and everything looks very, very good."

Kuusi, son of Mr. and Mrs. Clarence Kuusi of Pengilly, Minn., completed high school in Coleraine, Minn., and then joined the Marine Corps about two years ago. He completed boot camp at San Diego and infantry training at Camp Pendleton, Calif., before assignment to the Marine Barracks at Concord 17 months ago. He is considering making the military a career.

The Marine enjoys hunting, fishing, hockey, ice-skating, music, and, when off duty at his present assignment, "sightseeing in San Francisco."



RECUPERATING—Marine Corps Lance Corporal Terry Lee Kuusi's reattached finger is examined by Lieutenant George B. Batten, one of the microsurgons who replaced the digit accidentally severed. Looking on (r) is Hospital Corpsman Third Class Randy F. Hanson, who coordinates the technical aspects of microsurgery now being performed at Naval Regional Medical Center, Oakland.

Captain Jan Emal reports to direct Nursing Service

Captain Janice A. Emal recently arrived at Naval Regional Medical Center Oakland to become Director, Nursing Service.

"I'm very happy to be here," she said. "I've been trying to get to the West Coast for 21 years. (I'm) looking

forward to working with all the staff of NRMCC."

Originally from Minden, Neb., where her parents still live, Captain Emal's last assignment was in professional liaison on the SHORSTAMPS medical team.

Other military billets in her long nursing career have included duty as senior nurse, Branch Hospital Kenitra, Morocco, and in the Personnel Planning and Accounting Branch, Nursing Division, Bureau of Medicine and Surgery.

The Navy nurse is a graduate of the Presbyterian Hospital School of Nursing. She holds a bachelor of science in nursing from the University of Colorado and a master of science in management and personnel administration she earned through studies at Naval Postgraduate School, Monterey, in 1969.

Among her decorations are the National Defense Service Medal, the Navy Unit Commendation Medal and the Navy Commendation Medal.

She enjoys painting, reading, tennis and swimming.



CAPT Janice A. Emal

Second woman in naval history selected dental master chief

Clotilda E. "Julie" Juliani has been selected Master Chief in the Navy Dental Corps—the second woman in history to gain that rate. The first was DTCM Johnnie Davis who retired 10 years ago from her duty at Great Lakes, Ill.

Newly frocked Master Chief Juliani has 25 years' Navy service. During the last three she has been the administrative assistant in Dental Service at Naval Regional Medical Center, Oakland.

"My goal has been to make Master Chief," she said. "Having attained this goal, I want to do the best job I can for the Navy and help other good and deserving men and women attain the happiness I have in the Navy."

"I am extremely delighted," she continued. "It is something career people dream of achieving. At the same time, we who do achieve this goal, through hard work, must not lose sight of the fact we could not achieve this without the help and cooperation of our shipmates and their confidence in our abilities."

In her long career, the Navy woman has held billets as a dental assistant at Corpus Christi, Tex., and at Camp

Pendleton, Calif. (two tours). She has been appointment desk clerk and later, personnel office supervisor at the Marine Corps Recruiting Depot in San Diego; personnel supervisor at Pearl Harbor; and also career counselor and regional master of arms at Pearl Harbor.



DTCM C. E. Juliani

Master Chief Juliani has been awarded the Good Conduct Medal six times. She also holds the National

(Continued to Page 5)

EDITORIAL



National Hospital Week May 10-16, 1981

During National Hospital Week, May 10-16, hospitals' reassuring message to the community is that they are "Looking Well into the Future." The positive thought in this theme reflects promise and implies commitment, progress, and opportunity.

Through new services, improved techniques, advancing technology, and the skills of health care personnel throughout the nation, hospitals are meeting and anticipating changing health care needs within and beyond their walls.

While at Naval Regional Medical Center, Oakland, we are committed to meeting our beneficiaries' health needs, we feel the responsibility to help people reduce the need for hospitalization, wherever possible. That responsibility must be shared by all of us by getting proper rest, exercising, following a healthful diet, and limiting stress in our lives.

In 1900, the leading causes of death were influenza, pneumonia, diphtheria, tuberculosis and gastrointestinal infections. The death rate was 580 for every 100,000 people. Today, barely 30 people per 100,000 die each year from these major acute diseases.

A baby born in this country today can be expected to live more than 73 years on average. A baby born in 1900 could be expected to live only 47 years.

During the past decade, the anticipated life span for Americans has increased by 2.7 years. In the previous decade, it was increased by only one year.

Between 1950 and 1977, the mortality rate for children aged one to 14 years halved.

Deaths due to heart disease decreased in this country by 22 percent between 1968 and 1977.

What will be the trend in the 1980s? According to the American Hospital Association,

- Major issues over the next decade will be hospital costs, legislation, regulations and technology.

- Statistics show an increasing proportion of people over 65 years of age. Persons in this age category use four times as many hospital days as do younger people, thus hospitals likely will provide more care for chronic metabolic disease, cancer and heart disease.

- The factors that increased unit costs of services in the 1970s will continue to do the same in this decade, in some cases at an accelerated rate. In addition, hospital expenditures in the 1980s will be particularly accelerated by rising demand and intensity factors.

- The number of hospitals operated as multi-hospital systems will double in 1989 to encompass more than 65 percent of the acute care hospital beds in the United States. Such networks of facilities and services have been increasing because of the hospital's desire to centralize both policy management and management control of the use of capital.

Perhaps most important during this week is a reminder to "look well toward your own future" by taking better care of yourself. In the same way that Oak Knoll staff members care about and for the health of those we serve, why not take this opportunity to think about our own good health?

Be sure to get adequate rest, eat properly and exercise. In addition, there are some simple measures you can take during the work day to ease some of the stress that can be felt in the fast-paced hospital environment: Take a few minutes of quiet time by yourself during lunch or on breaks; relax by taking deep breaths, inhaling and exhaling slowly; take a minute out of your day to stretch; and walk up or down a flight of stairs, instead of riding the elevator one floor. Each day can be the beginning of a healthy future, and preventing illnesses that are preventable is the first step for each of us.

Your medical center works today for a better tomorrow. Do your own part to look well into the future.

Oak Leaf goes to 'summer whites'

Just in case you haven't noticed *Oak Leaf's* front page has a new look this issue. The flagline has been changed to a light, airy design, in keeping, we think, with springtime and the season to change uniforms.

The new design is a combined effort of Trevor Watson and Trudy Silva. Trevor, a commercial artist on the staff of Communication Publishers in San Diego, the firm that publishes the medical center's guide and directory, recently arrived in the United States from his native England. He is responsible for the lettering in the new flagline.

Trudy Silva, secretary to the Chairman of Urology Service, and a gifted artist who contributes often to *Oak Leaf*, added the leaf and acorn to make the design exclusively ours.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Loneragan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Mother's Day May 10

Remember back, if you so wish,
to the early days of youth.
When joys were many, and problems few,
who took care of you?

She always did it with a smile,
though sometimes wished to cry.
She never complained when you ruined her day,
by engaging your mouth before your brain.
She gave you a push, and a little luck,
to start you on your way.

Remember the day, though dreary and dark,
the time had come to be gone.
You may have cried, you may have screamed,
but we all know what you thought.

It seems to me, I have never seen,
a more thankless job, there just can't be.
To sacrifice a part of your life,
to teach one younger than thee.

Yet their rewards, though I can't see,
are greater than gold and diamonds.
There's nothing on this planet Earth,
to pay back equally.

So on this day, let us not forget
the trials and tribulations
and all the working overtime
that went into you and me.

Thanks Mom,
I love you.

Greg Alspach



now hear this!

By

HMCN Charles R. Dackerman

Command Master Chief



The United States Navy, guardian of our country, is responsible for maintaining control of the sea and is a ready force on watch at home and overseas, capable of strong action to preserve the peace or of instant offensive action to win in war.

We serve with honor. Tradition, valor and victory are the Navy's heritage from the past. To these may be added dedication, discipline and vigilance as the watchwords of the present and the future.

At home or on distant stations we serve with pride, confident in the respect of our country, our shipmates and our families.

Our responsibilities sober us; our adversities strengthen us. Service to God and Country is our special privilege.

The Navy will always employ new weapons, new techniques and greater power to protect and defend the United States on the sea, under the sea and in the air. Now and in the future, control of the sea gives the United States her greatest advantage for the maintenance of peace and for victory in war. The roots of the Navy lie in a strong belief in the future, in continued dedication to our tasks, and in reflection on our heritage from the past.

The medical department is charged with and responsible for maintaining the health of the Navy through the promotion of physical fitness, the prevention and control of diseases and injuries, and the treatment and care of the sick and injured. In order to fulfill this responsibility, the medical department is actively concerned with all phases of life in the Navy and makes recommendations to and advises all departments of the Navy on matters which may affect the health of naval personnel.

The primary mission of the Hospital Corps is to minister to the sick and wounded, and includes the many facets of functions which this entails. Hospital Corpsmen function in a fantastic variety of jobs associated with the care of the sick and wounded.

The epitome of all-around versatility and knowledge in the Hospital Corps among the higher rates is independent duty—duty aboard ship or a remote station, independent of a medical officer—where knowledge tempered with maturity and judgment are of the utmost importance and value.

Hospital Corpsmen are assigned to all ships and stations throughout the world, including Marine Corps units, ashore and afloat. Whatever their specialties, wherever their billets, their function is related to the care of the sick and wounded.

There is no position in the hospital corps ranks that is more rewarding than being the Medical Department Representative aboard ship. Try it, you'll like it!

Pain Clinic relocated to new site on 4th deck

A ribbon-cutting ceremony was held April 16 on the fourth floor of Bldg. 500 for a new location of the Pain Clinic at Naval Regional Medical Center Oakland (NRMCO).

The new unit, consisting of three fully-equipped patient cubicles and a doctor's interviewing office, is located near the Psychology Clinic and Recovery Room.

Each curtained cubicle is supplied with piped-in oxygen and suction, and is otherwise equipped to resuscitate a patient if the need arises. Each patient care area also features a floor-to-ceiling mural of a soothing scene from nature, whether mountain or sea.

Operating under the direction of Captain Donald D. Hutchings, Assistant Chairman of Anesthesiology Service, the Pain Clinic has been functioning for the past 16 months at NRMCO out of the Anesthesia Recovery Room.

The clinic was established to relieve patients of chronic, intense pain such as that associated with low back problems, post-surgery, cancer and migraines. It operates on Tuesdays and Thursdays from 8 a.m. to 3 p.m.

Medical records of patients referred by other hospital physicians are thoroughly reviewed in advance of the initial visit. When the patient arrives at the clinic for his or her first visit, a two-hour personal interview is conducted.

Any studies previously made are reviewed and, occasionally, additional ones are requested from the referring physician. Captain Hutchings and his rotating resident then consult, examine the patient together and decide on the course of treatment, which may consist of nerve blocks, medications, physical therapy, psychological counseling (on how to deal with stress), or a combination of any or all of these.

Other Navy specialists are often called in on consultation. They include Captain Richard A. Pratt, Chief of Neurosurgery; Commander Robert H. Malstrom and/or Lieutenant Commander James R. Kopp, Orthopedics; Lieutenant Commander Regis H. Turocy and/or Lieutenant Michael G. Levini of Physical Therapy, and Clinical Psychologist Lieutenant John A. Hilmo.

The clinic staff sees and treats an average of five patients on each of its operating days. Two of these are usually new patients.

"Some results have been super-fantastic," said Dr. Hutchings. "Others have usually improved the patient's lot in some way."

Dr. Hutchings and his resident are assisted in the clinic by Hospitalman Ken Davis and Hospitalman Laura Davis (no relation). Also cooperating in the project are Lieutenant Doreen C. Tryon, the Recovery Room director; Lieute-

nant Commander Roseanne Sobkow, Operating Room supervisor, and Ms. Helen Rutz, the secretary who directs and guides patients, makes appointments, and otherwise handles administrative detail.

Dr. Hutchings has particular praise for the Word Processing Branch under direction of Ms. Betty Raab. Her staff types up the formal, complete report

on each individual and provides one copy each for the patient, referring physician, and the Pain Clinic director. These completed reports are almost always returned within a week, he said.

He is also grateful to the many Public Works employees and linen personnel who assisted in making the new specialized patient care area a reality—and an attractive, functioning unit.



SURGICAL TEAM—Rear Admiral Walter M. Lonergan, Commanding Officer, snips a ribbon opening a new pain clinic on the fourth floor. Assisting him in "the surgery" are Captain Donald D. Hutchings (in whites), Assistant Chairman of Anesthesiology Service, and Captain Joseph Smyth, Director of Clinical Services. Looking on in the background is Hospitalman Ken Davis, a pain clinic staff member.

Owen, Libby head 1981 NRMCO Navy Relief Society drive

Lieutenant (junior grade) Robert P. Owen, Chief of Military Manpower, assisted by Lieutenant (junior grade) Joel Libby, will coordinate the 1981 Navy Relief Society (NRS) fund drive at Naval Regional Medical Center Oakland.

Keypersons were appointed last week and collection for the annual campaign began on Monday.

NRS provides necessary assistance to members of the naval service and their dependents all year long. The society also has close ties with the Marine Corps.

Field activities and services are provided at Navy and Marine Corps bases throughout the world and aboard some large ships. The offices are manned by a total of at least 3,000 volunteers. This not only maintains an American

tradition but also insures that the staff is familiar with situations affecting servicemembers and dependents.

The need for NRS has been proven. For instance, in 1980 alone, 13,367 servicemembers and dependents received services such as financial assistance for basic living needs; emergency transportation; medical/dental care; disasters; funerals; car repairs; educational assistance; maternity help; visiting nurse program; thrift shops, and help with organizing finances.

Applications for NRS assistance are quickly processed through any branch office or via the American Red Cross—sometimes, in emergencies, through commanding officers.

Help yourself or a shipmate in the future by contributing now.



FUND-RAISERS—Lieutenants (junior grade) Joel Libby (standing) and Robert Owen are project officers for this year's Navy Relief Society drive on base.

New 104-bed facility at NRMCO Orlando

Dedication ceremonies were held on April 23 for the Naval Regional Medical Center (NRMCO), Orlando, Fla.

Participating were the Navy's 28th Surgeon General, Vice Admiral J. William Cox, MC, USN; and 25th Surgeon General, Vice Admiral George M. Davis, MC, USN (Ret.), and NRMCO Orlando's Commanding Officer (Rear Admiral Selectee) Captain James A. Zimble, MC, USN.

The newly-constructed 104-bed NRMCO is a replacement facility for the present hospital, originally built in 1942. Construction of the new facility began in July 1977 and opened April 13, 1981.

The building uses two sets of solar collectors to provide power to the air conditioning and hot water systems.

NRMCO Orlando serves active duty uniformed services personnel from the central Florida area, their immediate families, retired military and their dependents, and other authorized beneficiaries.

Uniform update

Effective immediately, all E-1 to E-6 men may continue beyond the May 1 deadline to wear the combination cap with all uniforms for which it is presently authorized.

White hats are required to be worn only with jumper style uniforms.

This decision is based on a recognition that the planned elimination of the combination cap as a uniform item for E-1 to E-6 male personnel was not compatible with the broader goal of encouraging increased pride in the uniform and more frequent wearing of uniforms on liberty.

More information may be found in NAVOP 65/81.

Dr. Smyth to speak

Captain Joseph P. Smyth, Director of Clinical Services, will be the guest speaker at a Fleet Reserve Association Memorial Day Service on May 25.

Dr. Smyth will speak at the Chapel of the Chimes, 32992 Mission Blvd., Hayward, at 1 p.m.

The ceremonies are to be held outdoors.



'JELLY BELLY' BEANS—In a recent trip to Naval Regional Medical Center Philadelphia, Hospital Corpsman First Class Barbara Heep (center) delivered a gift of President Reagan's favorite Bay Area-manufactured jelly beans from Rear Admiral Walter M. Lonergan, NRMC Oakland's commanding officer, to Captain R.E. Tobey, commanding officer of NRMC Philadelphia. Receiving the gift for Philadelphia were Captain V.D. Galasyn (left) and Command Master Chief R.R. Enriquez.

Career Capsules

By HM1 Barbara Heep

Navy Campus for Achievement (NCFA) is a management system, designed to update and coordinate all off-duty education and evaluate military schools and enlisted ratings for recommended college credit.

NCFA provides counseling to evaluate completed college courses, correspondence courses and transfer credits, and plan needed courses or tests leading to AA or BA degrees.

NCFA covers on-base education programs, Program for Afloat College Education (PACE), Instructor Hire, Defense Activity for Non-Traditional Educational Support (DANTES) and College Level Examination Program (CLEP).

The NCFA education specialist network consists of professionally qualified personnel ready to assist you with any aspect of education needed.

Its staff also provides counseling and advice to help you select realistic goals and administer and interpret interest tests.

Some of the programs are provided free of charge but if a fee is involved, they will assist with applications for financial assistance.

Each Friday an education specialist is available at our command. For more information contact HMCS LaTigue at Ext. 2003 or one of the Command Career Counselors.

Navy Campus for Achievement has assisted me in obtaining a degree. I hope you will take advantage of the many services it provides.

Applied assertiveness courses in progress at center

A training course in applied assertiveness and effectiveness is being conducted here at Oak Knoll this month with Ms. Aliyah Stein of Vista College instructing in the Education and Training Building 75B.

The course is being conducted in two parts: Phase I is covering introduction to tools and concepts of assertiveness training for use in personal and professional life, the difference between assertive aggressiveness and passive ways of acting, and learning to communicate clearly. Phase II delves into techniques for giving and receiving positive strokes and criticism and ways of handling stress.

Phase I classes are being held May

7-8, and Phase II, May 14-15. The training is under the coordination of Sherry Robinson and Hazel Harlow of Civilian Personnel Service.

Those attending are Hospital Corpsmen Third Class Sara Place and Trina Lounsbury, both of Alcohol Rehabilitation, Phase I and II; Jennie Thompson, Civilian Personnel, Phase I and II; Robert Crum, Linda Gonzalez, Susan Stark, Ann Painter, Barbara Thompson and Barbara Walker, all of Comptroller Service, Phase I and II; Catherine Dewald, M. Paulson and Shirley Stanly, all of Comptroller Service, Phase I; Robert Bernhardt, General Library, Phase I and II; Sylvia Mendez and Ramona Dodds, both of Dental Service, Phase I and II; Stella McIntyre, Hyper-

tension Clinic, Phase I and II; Bertha M. Paul, Hypertension Clinic, Phase II; Jeanette Morgan, Medical Service, Phase I and II.

Also, Lieutenant (junior grade) J.M. Libby and Hospitalman Sharon Sharretts, both of Military Manpower, Phase I and II; Theresa Huyghues and Wilba Seals, both of Nursing Service, Phase I and II; Naomi Maxies, Nursing Service, Phase II; Kathy Black, Operating Management, Phase I; Mary L. Turner, Appointment Desk, Phase I; Fred Barringer, Patient Affairs, Phase I and II; Frances Sheykhzadeh, Outpatient Service, Phase II; Gloria Grasso, Appointment Desk, Phase II; Mildred Lumley, Outpatient Service, Phase II; Senior Chief Hospital Corpsman Nathaniel

Jenkins, Preventive Medicine Service, Phase I; Mary Gabut, Preventive Medicine, Phase II; Hospital Corpsman Second Class Robert Villanueva, Radiation, Phase I and II; Roberta Fuhrman and Connie Watkins, both of Safety, Phase I and II; Jerry Ratti, H.A. Totress and L. Sweet, all of Supply Service, Phase I and II; Deborah Walden, Neurosurgery, Phase I and II; Blanche Bingham, Clinical Investigation Center, Phase I and II, and Charlotte Newton, Civilian Personnel, Phase II.

According to Mrs. Harlow seven other potential registrants for these classes were too late in submitting requests to attend. Another course is planned for the fall.

CNO: 'Navy standards must be more than a mirror of society's'

By JO2 Vickie J. Oliver

WASHINGTON (NES)—The Navy's emphasis on pride and professionalism is not just another "flash-in-the-pan" idea, nor is it an across-the-board condemnation of the system.

What pride and professionalism is, lies in a reassessment of what is deemed professionally and militarily right. As Chief of Naval Operations Admiral Thomas B. Hayward put it in a recent interview: "It's a question of priorities."



"Everywhere I have been, at home or abroad this past year, I have come away with the same impression. In each place, I experienced the same buoyance to my spirit, the same tremendous sense of pride in what Navy men and women are doing for this great country of ours around the globe."

At its core, pride and professionalism is an all-hands attempt to produce a more orderly, well structured military organization.

Technically, according to CNO, today's Navy is very professional. Its defense systems are extremely sophisticated, very costly, not easy to maintain, and not easy to use. Yet, the men and women of the fleet continue to show that they can operate such weaponry proficiently.

"Our people are doing extremely well. They are professionals," the CNO said. He is satisfied that they are doing their jobs.

The admiral is not satisfied however, with that part of pride and professionalism associated with discipline, appearance and, above all, attitude.

"It's related to our appearance, our respect for authority, our pride in being different," said the CNO. "The Navy is different; it is not like civilian life."

Admiral Hayward said there has been an unfortunate filtering of the permissiveness of today's society into the military arena, and clearly into the Navy. Although,

historically, military leadership has been able to adjust to the various changes in the country's social structure, the CNO believes that it is more than that. He sees it as a reflection of such basic trends as breakdowns in the family structure, and the growing lack of respect for law and order.

"Our standards must be more than a mirror of society's," he said. "Civilians have not taken solemn oaths to defend the country; we have. We must not take our obligations lightly."

"As military people in the service of our country, we are obligated to adhere to high military, moral and ethical standards that will permit the Navy to function effectively."

"If society excuses our shortcomings, we must not be willing to do so. We cannot be satisfied with standards we know to be inadequate."

Today, according to Admiral Hayward, there is an air of approval, enthusiasm and pride across the country with regard to the military and, in particular, the Navy. Congress has shown its continuing support of military affairs by passing the Nunn-Warner Amendment, the fiscal year 1981 Defense Authorization Bill and the Military Pay and Allowances Benefit Act of 1980.

This is an opportune time, he stressed, for the Navy to show its pride, strengthen its leadership skills and recognize the characteristics of a good, military performer.

"If we are proud of the Navy, we will take care to maintain our uniforms and military appearance at the highest level, and we will be eager to wear our uniforms even in the civilian community," Admiral Hayward said.

In an effort to restore confidence in the chain of command, CNO stressed that it is the officer's job to lead the senior petty officers, and it is the petty officer's job to run the remainder of the organization.

With the Leadership, Management, Education and Training program now well entrenched, this effort to upgrade the Navy's leadership is effectively under way. A chief petty officer academy will be initiated this year, along with a shorter training program for E-4s. These developments, the admiral said, represent an earnest desire to begin leadership training at the petty officer level and continue it to the chief petty officer level.

This renewed emphasis on internal pride and leadership can be summed, in part, through the concept of recognition. By "recognition" the CNO means "the pat on the back, the acknowledgment, the appreciation, the awareness by those in charge that the people under them are working hard—they are working well, and they deserve credit for it."

"Rewarding those who contribute to the fundamental qualities of good order, discipline, leadership—those who adhere to the principles of a tight chain of command and who contribute to unit pride, efficiency and readiness—is one of the most effective and basic tools of good leadership," he said.

But an increase in pride and professionalism will not happen overnight, the CNO said. Rather, it will be a "gradual, continuous, standardized, everlasting approach" to a more professional military attitude and better performance by leaders.

Friday, May 8, 1981

Kudos. . . .

ADVANCEMENT

To Hospital Corpsman Second Class, Katherine McClure.

SELECTIONS

To Master Chief Hospital Corpsman, Harry Nestor of Lemoore Naval Hospital.

To Master Chief Dental Technician, Clotilda E. Juliani of Dental Service.

To Senior Chief Hospital Corpsman, David Jackson of Nursing Service.

To Senior Chief Hospital Corpsman, John Paulsta of Moffett Branch Clinic.

LENGTH OF SERVICE AWARDS

LaVerne Whittington, Administrative Services, 30 years.

Robert Valentine, Outpatient Service, and Curline Brown, Supply Service, 20 years each.

Herman Williams, Housekeeping, Gwendolyn Adams, Radiology, and Lucille Showaker, OB/GYN, 15 years each.

AUGMENTATION

Navy Medical Corps Lieutenant Commander Roger Espiritu.

LETTERS OF APPRECIATION

Lieutenant Thomas Huffman, formerly of Nursing Service.

Ensign Mikael Moulden, Nursing Service.



ORIGINAL AMERICANS—Tomorrow, May 9, marks Native American Day, a time to recognize those whose families were here long before most of ours arrived. Hospital Apprentice Bryant Lasiloo, Mattewee Youngblood and Clyde Stout (l to r) are three of those who are proud to be descendants of these people. Bryant, assigned to general medicine wards here since early March, is the youngest of nine Zuni Indian children. He was reared on a reservation near Gallup, N. Mex. and enlisted in the Navy on Sept. 17, 1980. Four others from his family work in the health care field and he plans to study biomedical science or enter a nursing school. Mattewee Youngblood, who works in receipt control of Supply Service, is one-quarter Cherokee, one-quarter Cheyenne, and one-half Irish. She hails from Hammond, Okla. but attended grade school in Mountain View and high school at Castlemont in Oakland. Mattewee has about 15 years' federal service, most of them at Oak Knoll. Firefighter Clyde Stout of Operating Management Service is one-quarter Cherokee through his father's lineage. Originally from Indianapolis, Ind., he has lived in Oakland since age 8. He served three years in the Army Infantry and is presently a reserve fireman for the Air Force. Civilian service totals 16 months—14 at Mare Island, and the last two here.

Comings and Goings

"Fair winds and following seas" to the following personnel who have departed this command:

Navy Medical Corps Lieutenant Judy Champaign to Pearl Harbor.

Navy Nurse Corps Lieutenant Thomas Huffman to Guam.

Hospital Corpsman Third Class Crescent Bolton to USS OKINAWA.

Hospital Corpsman First Class Arthur Busby to Alameda.

Hospital Apprentice Ronald Burruss to Alaska.

Signalman/Seaman Apprentice Lee Bruce to Alameda.

Hospital Corpsman Second Class Larry Dunn to San Leandro (discharge).

Dentalman Albert Guerra to Florida.

Hospitalman Mary Gibson to Japan.

Hospital Corpsman Third Class Michael Howard to Oakland (discharge).

Hospital Corpsman Third Class J. F. Keenoy to South Carolina.

Hospital Corpsman Third Class Kelly Robidoux to Japan.

Hospital Apprentice Jemuel Trinio to San Diego.

Hospitalman Joseph Walters to Diego Garcia.

Hospital Corpsman Third Class Michele Wilson to Virginia.

Hospitalman J. Wroblewski to Camp Pendleton.

Hospital Corpsman Second Class Jerry Zacharatos to Antioch, Calif. (discharge).

...

"Welcome aboard" to newly arrived:

Lieutenant (junior grade) Sherman Standiford, Nurse Corps.

Dentalman Adrian Brown.

Hospital Corpsman Third Class M. D. Chappell.

Hospital Apprentice Timothy Durrett.

Hospital Corpsman Third Class James Greenlee.

Captain Janice Emal, Nurse Corps.

Hospital Corpsman First Class Danny Gray.

Hospital Corpsman Second Class Ronald Hill.

Hospital Corpsman Third Class R. B. Meyer.

Hospital Recruit Randall Stovall.

Hospital Corpsman Third Class Orlando Smythe.

Boiler Technician/Fireman Luis Salcido.

Hospital Recruit Dennis Silvestre.

Hospital Recruit W. D. Walker.

Hospitalman A. Trujillo.

Hospital Corpsman Third Class David Wright.

'Soldier sailor' cited

Navy Nurse Corps Ensign Mickael Moulden of Soldier, Kans., has been cited by the Kansas City Navy Recruiting District for his TAD assistance in lecturing a student nurse association of Northwest Missouri State University and answering questions at the annual convention of the Kansas Association of Nursing Students in February at Emporia, Kans.

Ensign Moulden is normally assigned to the nursing staff of neurosurgery and ophthalmology patient wards on 8 South.

Coincidentally, Moulden was a patient at NRMCO Oakland for four months in 1957-58 when he was an infant and his father on active duty in the Navy.

A graduate of the Pittsburg (Kansas) State University where he earned a bachelor of science in nursing, Ensign Moulden entered the Navy last August. He has been assigned to Oak Knoll since October.

Reservist selected

Naval reservist Thomas Koseki, whose name appears on the selection list for advancement to Master Chief Hospital Corpsman in Fiscal Year 1982, will be coming to NRMCO Oakland to serve his two weeks active duty.

He will be arriving June 15.



NOT TO BE FORGOTTEN—Physical Therapy supervisors have reminded us that in their opinion, we omitted a very important person from last issue's salute to medical region secretaries. That would be Ms. Marge Ritchie, an employee here for seven years who calls herself the "traffic director of Physical Therapy." Belated salutes go to this very dependable secretary.

Dental Master Chief

(Continued from Page 1)

Defense Service Medal and has received several letters of commendation from past duty stations.

The new master chief studied two years at Chaminade College in Hawaii and is presently attending the College of Notre Dame in Belmont, Calif., during off-duty hours; working on a bachelor of arts in psychology. Service schools completed include Dental Technician "A" and "B" Schools; Personnel Accounting Machine Installation School; Career Counselor School, and Health Resources Management and Leadership Management courses.

Originally from Philadelphia where a brother, Navy Hospital Corpsman First Class Joseph Juliani is presently stationed, Master Chief Juliani now claims Maple Shade, N. J., where her sister Carmell Verburgt lives, as her official home of record.

Her hobbies include bowling, fishing, golf, plants, photography, camping, general sports and some astrology and numerology.



LIKE OLD TIMES—Rear Admiral Thomas Wayne McKean, Inspector General of the Navy Dental Corps, and chief of Dental Service here until August 1978, had a reunion with some of his former civilian employees during a recent visit to Naval Regional Medical Center, Oakland. Shown with the admiral are (l to r): Nancy Clarke, Sylvia Mendez and Ramona Dodds.

Pre-jogging exercises, proper shoes important

By LCDR John D. Derr, MSC, USN
Podiatrist

Now that spring has arrived, together with warmer weather, it's nice to see more people out jogging to "get back into condition."

A few words of caution to those of you who are using last year's shoes or who may be using shoes that are "worn down" in the heels and soles. This has the effect of "wedging" the posture of the feet and may contribute to excessive stress and strain resulting in painful cramps and skin irritations.

The inside of your shoe may be worn out, even when the outside looks O. K.

If you wear "sporthotics" — remember they don't last forever and they may need adjustment to maintain the proper shape.

An additional word of caution to new joggers... always do your pre-jogging stretch exercises and gradually increase your daily distance over several weeks. This prevents many injuries which would interrupt your regular exercise program. Use "common sense" in not "over-doing it" in the beginning. Running can be very rewarding by improving your fitness and sense of accomplishment if you set a regular pattern of realistic goals and then



"stick to it."

With the assistance of your Podiatry Clinic you can expect to obtain the maximum of pleasure and benefit from jogging. Have fun!

Racquet sports endanger eyes

Racquet sports players suffer large numbers of eye injuries.

These result from being struck either by the racquet, ball, the shuttlecock or other object being hit. The National Society for the Prevention of Blindness has been receiving increasing numbers of requests for guidance on what type of eye protection should be worn by racquet sports players to reduce the threat of eye injury.

An eye protection device is designed to reduce the risk of an injury. However, it does not provide a guarantee against all injury possibilities.

Individuals who require corrective lenses have two options available:

- Industrial-quality safety glasses with plastic lenses and a headband or curved temples to hold them in place

Four ministers visit

Four members of the neighboring Hill Area Ministerial Group were guests of Chaplain (Captain) Owen Hardage and the Naval Regional Medical Center Oakland on April 23. They were Father Dan Danielson and Deacon Steve Swensen of St. Paschal's Pastor Dick Smith of Our Savior Lutheran, and Episcopal Father Budge Chichester.

The ministers attended a lecture on "Death and Dying," conducted by Lieutenant Commander Daniel A. Brooks in the third floor classroom.

Orthopedic pathology course in progress

Dr. Jim Johnson began instruction here yesterday on orthopedic pathology.

Dr. Johnson is a consultant from Kaiser Medical Center.

The classes are held on Thursday evenings from 6:30-9:30 in the ENT classroom, and will continue through September.

Dr. Sanford speaks on urinary infections

Jay P. Sanford M.D., Professor of Medicine and Dean of the Uniform Services University of Health Sciences School of Medicine, Bethesda, Md., was here April 24 to give a lecture entitled: Urinary Tract Infections; Newer Concepts.

Doctor Sanford was staying in San Francisco where he was program chairman for an antibiotic therapy symposium held at the Hyatt on Union Square.

Doctor Sanford was in the Army in 1954-56 and served at Walter Reed Army Institute of Research. He was president of the American Federation for Clinical Research in 1965, president of the Society of Medical Consultants to the Armed Forces in 1977, president of the Infectious Disease Society of America in 1979, and chairman of the American Board of Internal Medicine in 1980.

He was also Professor of Medicine and Chief of Infectious Diseases at the University of Texas Southwestern Medical School in Dallas.

For tourists

Medical care may be a problem

With the summer vacation season just over the horizon, many of you may be planning to visit military relatives or friends overseas, and you should be aware that if you need medical care there and are not otherwise eligible to use military health centers, yours will more than likely have to come from host country facilities.

Visiting relatives or friends of servicemembers or civilian DoD employees overseas don't gain entitlement to military benefits, including medical care, by virtue of the member's or civilian employee's entitlement to these benefits. They are in the category of tourists, like other Americans visiting overseas.

Most military medical facilities overseas will accept anyone—including visiting Americans—under emergency conditions, but routine care cannot be provided. It is the doctor's decision as to whether or not the case is an emergency and how long it remains as such. Once the emergency is resolved, military authorities have an obligation to transfer the person to a host nation hospital.

Even though the person may be willing to pay, hospital authorities are not allowed by law to keep them beyond the time the doctor says they are there in an emergency situation.

When an unauthorized person is hospitalized, even on an emergency basis, it can prove costly for the person. The inpatient rate is approximately \$300 a day. The outpatient rate is about \$30. If visitors become seriously ill overseas and medical evacuation to the States is necessary, this too can be very expensive.

Four years ago, this writer learned first-hand of some of the difficulties one can encounter in a similar situation. While vacationing on the Costa del Sol in Spain, my husband suffered a massive stroke, was hospitalized in the only available civilian hospital offering life support systems and specialists, and died there a little more than a week later. Now some of the hospitals in the more cosmopolitan cities of Europe will accept well-known American hospital insurance plans, but the big government hospital in Malaga, Spain, will have nothing to do with Blue Cross, Aetna, Travelers, Prudential, or any of the otherwise well-known companies. We were both more than adequately covered by two health policies under normal circumstances honored almost all over the world, but at that moment it didn't mean a thing. (I hasten to add,



SPEAKER—Dr. Daniel Brooks, a Navy physician completing his ENT residency at Highland in Oakland, addressed several members of the Oak Knoll staff in a classroom meeting two weeks ago. Subject of Lieutenant Commander Brooks' lecture was "Death and Dying."

however, that the insurance plans did reimburse me a few months after I returned to the United States.)

Unfortunately, I was far away from the nearest U. S. Consulate in Seville, and there was little help that they could offer other than an expression of sympathy via a garbled telephone message. So—I was on my own. Fortunately, the hospital, hotel, mortician, airlines, etc., accepted my personal checks with no hesitation or question but more fortunately, I had enough money in that account (with the addition of travelers' checks) to settle all costs before I left the country. As I recall, total expenses were in the neighborhood of \$7,000.

From that eye-opening experience I would advise world travelers, especially those going to remote areas, to:

- Check before you go with your insurance company to see if you are covered in that particular country you are to visit.

- Keep your bank account unusually full in case you need emergency funds.

- Be prepared to deal with almost unsurmountable red tape (I signed 39 forms, all in Spanish, with the mortician when my husband's death occurred).

- Be advised that when you do return home and submit claims to your health insurance company, you will have to have the original statement from the foreign hospital, a translation into English, and a certificate from the State Department.

- When you or any other U. S. citizen member of your family or party become ill enough to be hospitalized in a foreign land, see that the nearest U. S. Embassy or Consulate is so notified. (BB)

What's the message?

(Ten Words)

C	Q	D	E	F	G	C	K	N	L	I
P	G	Q	O	W	L	C	T	X	G	Z
S	U	W	Y	N	P	Q	D	H	C	A
V	Q	B	L	O	O	D	T	K	W	H
N	W	G	H	Z	P	R	D	E	S	J
T	E	K	A	C	P	I	J	T	Q	N
W	Z	E	Q	O	F	V	W	H	A	F
R	A	Q	D	F	D	E	F	K	O	V
F	L	Z	T	B	N	Z	G	H	O	Z
Y	S	I	X	T	H	Q	B	O	U	T
N	F	U	Y	A	M	B	T	W	A	T

B---- D---- D----
T---- S---- O-- M--
W- N--- Y--

(Answers, Page 8)



Friday, May 8, 1981

the Military Family

Many questions arise throughout a military career about the effect of the military way of life on children and families. This is one of a series of articles that will address itself to "The Military Family." Author of the series is CDR Eli Breger, MC, USNR, who is currently Chief, Psychiatry Service, Naval Hospital, Beaufort, S.C. If you have a question that you think would be of interest to military families around the world, you may write to Dr. Breger, c/o American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209. Questions of general interest will appear in later issues of this series.

Question: Our "military brats"—are they different?

Reply: We often hear service members refer to their children as "military brats," implying endearment, pride, and some measure of exasperation over the difficulties of child rearing.

Certain segments of civilian society use the expression "military brats" in a more literal sense. This designation can be based on observations of military children misbehaving, but frequently it is a prejudiced statement on the part of those antagonistic to the military. These people view the military child as rude, demanding, and poorly behaved.

There is no firm evidence to support these generalities.

However, military parents do have deep concerns, often unexpressed, regarding the emotional soundness of their children. They wonder just how prone their children are to emotional problems and how strong their character will be when development is complete. In this, they are not unlike civilian parents.

Studies of the developmental outcome of military children are inconclusive. Historically it was believed that problems of "antisocial" conduct developed in response to an authoritative upbringing. Some recent studies place doubt in this notion. It appears the actual outcome of military children is such that they are less lawless, less delinquent, less drug-oriented, and attain a better academic level than the general population of children of similar social and economic backgrounds.

Military children are first and foremost children, prone to the traditional stresses of community and family life.

A military parent's duty may be mentally exhausting. It usually takes place in a highly authoritarian setting. At the end of the day, the service member comes home without an opportunity to "wind down" and may interact with the family in an excessively domineering and disciplinary fashion. Strictness, when called for, enhances the development of self control in children. It can, however,

have negative and retaliatory effects if too strongly or inappropriately administered. From the earliest days of his or her military training, the military parent has been trained to comply within a highly structured system with the mission of preparing for war.

The parents may unwittingly carry this work approach over into the home, where it is not appropriate.

Studies have shown such a manner, over a period of time, can align the children against the father and the military system. This reaction is more typical of young families having had insufficient time to develop a mature understanding of the military.

In addition, the surrounding community influences the military child. If the environment is hostile, it may reflect an anti-military attitude.

An older military child who has lived in many places and adapted to many changes may display an air of confidence and maturity. This "acting big" can be interpreted by the civilian community as "military brat" behavior.

The military child is first and foremost a child with inborn characteristics and potentials. Second, he or she is a member of a private family. Third, he or she is a member of a military family. Culture determines only what a child learns as a member of a group; it does not determine individual personality or the personality which develops within a particular family.

If the military parents provide a strong, happy family life, have a positive identification with the military and are sensitive to and understanding of the stresses imposed upon their children, the parents and the children can develop well, mature, and prosper.

SF commissioned

Secretary of Defense Caspar W. Weinberger was the key speaker for the commissioning of San Francisco (SSN 711) on April 24th in Norfolk, VA.

The submarine is sponsored by Mrs. Robert Y. Kaufman, wife of retired Vice Admiral Kaufman.

Classifieds

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

HOUSE FOR SALE

Charming, cozy 2-bedroom, 1-bath home—1½ mi. from NRMCO. 2-car garage, fireplace, many extras. \$82,000—assume 10.75% conv. loan. Lt. Melodie Tyler, Ext. 2475; 635-5878.

FOR SALE

1970 Chrysler Town and Country Wagon, \$300. Firewood also for sale. HM2 Henry, telephone 581-3671.



THERE SHALL BE MUSIC—Paul E. Mauk, Ph.D., D.D., church organist who plays here in the Chapel of Hope every Sunday, tries out a new Allen organ which will be dedicated in the morning worship on May 17. This organ is the first purchased by the command. Its predecessor was a 25-year-old well-worn organ donated from a decommissioned ship. Repair parts were no longer available.

Chaplain's corner

Motherhood qualities shared by many

By Father M. J. Hary
CDR, CHC, USNR

Some people seem to deny it, but there really are certain personal gifts and temperaments that are peculiarly feminine. Some of these are the qualities of enduring love, tenderness, compassion, sensitivity, pride, and protectiveness.

Physical motherhood is the most apparent fulfillment of this feminine nature. Every age has revered the role of the true motherhood. A mother's task, when rightly performed, is the noblest work of woman. For truly responsible motherhood is perhaps the most powerful single influence to which a person is ever subjected. From her, more than anyone else, a child will experience steadfast, tireless, sacrificing love.

The mother of adopted children fulfills, as well, the feminine nature. Without experiencing physical motherhood, she nonetheless assumes its obligations lovingly, compassionately, and nobly. She takes a homeless child in her warm embrace and provides a home of love and security—showing the same self-sacrifice and tenderness as her sister who has worn the maternity dress.

Unmarried women can also fulfill this mother's role. The single woman develops emotional ties with the children of her brothers, sisters, neighbors—with the children at the school, the orphanage, the outpatient department; among the sick, the old, the underprivileged, and the poor. Her children are her patients, her fellow secretaries or co-workers. In a word, she can exercise the same qualities of hand, head, and heart as are natural to the mother of many children.

What is common to all these forms of motherhood is a feminine attitude of mind and heart, an enduring dedication to the welfare of others, and a willingness to sacrifice herself, especially for the small and weak things of the earth.

We have all been enriched by this steadfast, tireless sacrificing love mainly through our mothers, and perhaps from others. We owe a great deal to them.

Mother's Day is that special day when we pause to thank our mothers, in person, or in our thoughts and prayers. We can also spread this gratitude, without danger of dilution, to all those others who have given us care, or guidance, or inspiration; be they teachers, nurses, relatives, neighbors, or others.



IT'S THE LAW—Officer Collins of the Oakland Police Department gives these cub scouts some tips on safe bicycle riding. The 'rap' session took place during a recent bike rodeo on base.

BIRTHS



The following new additions to the Naval Regional Medical Center "family" has arrived at Oak Knoll:

A baby girl to Hospital Corpsman Third Class Andre Autry, ENT Clinic, and his wife Barbara Ann, April 14.

A baby boy to Hospital Corpsman Third Class Roland Lenoir, Jr. of Pharmacy and his wife Alma, April 19.

A baby boy to Hospital Corpsman First Class Susan J. Gonzalez, Preventive Medicine Service, and her husband Jose, April 24.

A baby girl to Hospital Corpsman Second Class Chris L. Whitehead, Physical Therapy, and his wife Karen, April 27.



MERRY MINSTRELS—An entertainment group sponsored by Oakland Park and Recreation Department and Cheops-Khufu, Inc. came to Oak Knoll on April 23 to perform in the Clinical Assembly for staff and patients. They are known as the "Merry Minstrels."

Annual Nimitz run invites participants

Oak Knoll runners are invited to participate in the 5K and 10K Sixth Annual Nimitz Run on Treasure Island, Saturday, May 23, beginning at 8:30 a.m.

The 5K will encircle flat Treasure Island and the 10K race will cover Treasure Island plus the challenging inclines on Yerba Buena Island. Choose either course on race day.

The run is sponsored by the Special Services Department, Treasure Island, and the NROTC, University of California, Berkeley.

Track, field meet coming to Lemoore

The Central Pacific Regional Track and Field Championships will be held May 16 at Lemoore High School, 18th Street and Highway 198 in Lemoore, at 1 p.m.

Men's events include the mile, the 440-yard dash, 100-yard dash, 120-yard high hurdles, 880-yard, 220-yard, two-mile run, 180-yard low hurdles, 880-relay, broad jump, triple jump, pole vault, shotput, discus, javelin and high jump.

Women's events will include the mile, 100-yard, 220-yard, shotput and long jump.

Each participant may enter in any three events and the relay.

Participants must provide their own equipment (shotput, javelin, discus, etc.). Track spikes may not exceed one-fourth inch in length.

NRMC Oakland personnel interested in participating should see Ron Brown at Special Services or call Extension 2350.

An entry fee of \$5 is required. Refreshments will be served and T-shirt awards made to all finishers.

Pre-registration is required before May 13. Packets will be mailed to all entrants. Pick up entry forms at Special Services, Bldg. 38, Room 216 at Oak Knoll.

Navy extras on location

Twenty Navy volunteers from various commands in Naples, Italy are participating as film extras in Yugoslavia.

Paramount Productions is presently filming parts of a television mini-series entitled "Winds of War" on location in Rijeka, Yugoslavia.

The Navy extras, participating while in a leave status, will be part of a submarine scene, along with Hollywood stars Robert Mitchum and Polly Bergen.

The series is based on Herman Wouk's novel and is the story of a naval officer and his family set in major capitals of the world during major events leading into World War II.

Fitness classes offered

Providing that 10 people register, there will be Aerobic Exercise classes held in the gym in Building 38 on Monday and Wednesday nights from 7-8 p.m. starting May 11.

The course is eight weeks long and costs \$32 for 16 classes.

To register call Sally at Special Services, Extension 2479, or the instructor, Marilyn at 635-7619.



EQUIPMENT SAFETY—They may not be Harleys, but they still have to be inspected. These cub scouts are having their bicycles inspected before riding the course set up in the parking lot here at Oak Knoll. The recent bike rodeo was sponsored by Pack 428.

MOVIES

Friday, May 8, 6:30 p.m.—JUST TELL ME WHAT YOU WANT—Alan King, McGraw—Comedy/R
Saturday, May 9, 1 p.m.—AMERICATHON—John Ritter, Harvey Korman—Comedy/PG
Saturday, May 9, 2:35 p.m.—RETURN FROM WITCH MOUNTAIN—Bette Davis, Christopher Lee—Comedy/G
Sunday, May 10, 6:30 p.m.—JAGUAR LIVES—Christopher Lee, Barbara Bach—Action Adventure/PG
Monday, May 11, 6:30 p.m.—MORE AMERICAN GRAFFITI—Ron Howard, Candy Clark—Comedy-Drama/PG
Tuesday, May 12, 6:30 p.m.—THE PURPLE TAXI—Charlotte Rampling, Peter Ustinov—Drama/R
Wednesday, May 13, 6:30 p.m.—NEW YEAR'S EVIL—Kip Niven, Roz Kelly—Horror/R
Thursday, May 14, 6:30 p.m.—"10"—Dudley Moore, Julie Andrews—Comedy/R
Friday, May 15, 6:30 p.m.—THE JERK—Steve Martin, Bernadette Peters—Comedy/R
Saturday, May 16, 1 p.m.—DARBY O'GILL AND THE LITTLE PEOPLE—Janet Munro—Albert Sharpe—Fantasy/G
Saturday, May 16, 2:40 p.m.—AVALANCHE EXPRESS—Lee Marvin, Mike Connors—Action Thriller/PG
Sunday, May 17, 6:30 p.m.—THE CAPTURE OF BIG FOOT—Stafford Morgan, Catherine Hopkins—Drama/PG
Monday, May 18, 6:30 p.m.—THE DIRTY DOZEN—Lee Marvin, Ernest Borgnine—Drama/PG
Tuesday, May 19, 6:30 p.m.—THE COMPETITION—Richard Dreyfuss, Amy Irving—Musical Drama/PG
Wednesday, May 20, 6:30 p.m.—LOVING COUPLES—Shirley MacLaine, James Coburn—Romantic Comedy/PG
Thursday, May 21, 6:30 p.m.—DANNY—Janet Zarish, George Luce—Drama/G

Scuba diving classes on base

Nauv openwater scuba diving classes will be starting Monday, May 20 at the swimming pool on base. The classes will meet Mondays and Wednesdays from 7 to 10 p.m. for eight weeks.

You must be age 16, or accompanied by a parent to all classes if between the ages of 12 to 15.

The cost is \$75 with a \$10 deposit. You need to bring a swimsuit, towel, pencil and paper the first night.

To sign up or for information call Sally at Special Services Extension 2479, or the instructor, Bonnie Scott at 522-8986.

Racquetball play at NAS Alameda

The Central Pacific Regional Racquetball Championships will be held at Alameda Naval Air Station May 18-23. Commencing at 9 a.m. each day will be a double loss elimination tournament.

The tournament is divided into two parts, the Senior Men's (35 and over) Singles Championship, and the Women's Singles Championship. Awards will be presented to the top four place winners in each championship.

In the men's tournament each command may enter a maximum of four players, so make your arrangements as soon as possible.

For information see Ron Brown at Special Services or call Extension 2350.

The Navy's role in space shuttle flight

Mission Commander Captain John W. Young, USN (Ret.), and pilot Captain Robert L. Crippen, USN, received greetings from Chief of Naval Operations Admiral Thomas B. Hayward before their historic launch in the space shuttle Columbia on April 12 from Cape Canaveral, Fla.

The CNO said, "It is a source of great pride and satisfaction to me as Chief of Naval Operations that two Navy-trained pilots will be at the controls when Columbia lifts off from the Kennedy Space Center next week."

Calling the shuttle launch "The most significant space event of our lifetime," Admiral Hayward continued by saying, "This old Navy test pilot takes his hat off to you in salute as you begin your great adventure. You will take with you our hopes, prayers and support as you cross yet another threshold for mankind—one with the potential for more drastically altering the course of history than any other development in this century."

Navy commands around the world provided support for the space shuttle Columbia's orbital flight.

Naval Station Rota, Spain was one of several contingency landing sites for the shuttle in case the mission had to be aborted after its launch from Cape Canaveral.

Recovery support included many Navy activities. Underwater Demolition Team 21, Atlantic Fleet, was designated as a contingency orbital recovery team. NAS Fallon, Nev., and NAS Lemoore, Calif., provided helicopters for use during the shuttle's landing phase at Edwards Air Force Base, Calif.

The Supervisor of Salvage, part of Naval Sea Systems Command, provided technical advisors to NASA to assist in at-sea retrieval operations for the shuttle's rocket boosters. The Naval Facilities Engineering Command conducted a feasibility study of transporting the shuttle by pontoon barge in case an emergency landing was necessary. The shuttle successfully landed at Edwards Air Force Base and was later "piggybacked" by a Boeing 747 to Cape Canaveral.

The Naval Oceans Surveillance Information Center was prepared for space shuttle contingency search-and-rescue operations.

The Answer

What's the Message
BLOOD DONOR DRIVE
TWENTY SIXTH OF MAY
WE NEED YOU!

Contest, games spell FUN while funds raised for NRS

Fund-raising campaigns on behalf of the Navy Relief Society are now being conducted throughout the Navy. The drive runs from May 6 to June 6, commemorating the dates of the Battles of the Coral Sea and Midway, respectively.

Since its founding in 1904, the Navy Relief Society has been a principal source of emergency assistance to Navy and Marine Corps members, their dependents and their survivors. Whenever these persons have been in need, the society has responded with interest-free loans, grants or other free services.

Established with half of the proceeds from the 1903 Army-Navy football game, Navy Relief continues to be a private, non-profit organization supported solely by the contributions of former and present sailors, Marines and their civilian friends.



The 1981 campaign at Naval Regional Medical Center Oakland has several fun events scheduled to make it a happy and successful drive.

Navy Reliever Contest

Candidates, nominated by Chiefs of Service, are soliciting votes in the form of donations, with 75 percent of the contributions going to Navy Relief and the remainder to prizes for winners. In addition, Montgomery Ward has pledged a \$50 gift certificate to the winner.

Softball Games

The Medical Service Corps officers will challenge the Chief Petty Officers in a traditional softball game on May 27. Participants will donate \$1 per stripe and "fans" are also requested to donate.

On June 5, there'll be a "Battle of the Sexes," with male nurses and Medical Service Corps men challenging their female counterparts in another softball game. Males will bat "off-handed" and cannot wear gloves. The same donations are requested as in the May 27 game.

On Friday, May 29, there will be a car wash behind the Porthole, beginning at 2:30 p.m., and running until sunset. It will also resume on Saturday if necessary. The cost will be \$2 per car, \$2.50 per pickup truck, with all monies donated to Navy Relief and Chiefs of Service and Medical Service Corps officers invited to do the washing. Food and drink will be available in the enlisted club while you're waiting for your car to be cleaned after work.

ning at 2:30 p.m., and running until sunset. It will also resume on Saturday if necessary. The cost will be \$2 per car, \$2.50 per pickup truck, with all monies donated to Navy Relief and Chiefs of Service and Medical Service Corps officers invited to do the washing. Food and drink will be available in the enlisted club while you're waiting for your car to be cleaned after work.

Memento in Color

The colorful and dramatic NRMCOakland "night scene" photograph, the same view used on the Guide/Directory cover, but larger with no overprint, is on sale in a size suitable for framing. Samples may be seen at the Navy Exchange on base or at the Information Desk on the second deck. The photo art costs \$20 each print; \$12 goes to the actual cost of reproduction and the remainder is donated to Navy Relief.

In addition to these special fund raisers, keypersons throughout the medical center will be taking your direct contribution. When you are asked to give this year, remember that the Navy Relief Society exists only to help the most important people on earth—you and your dependents.

Any of the following are authorized to take your contribution: Captains John Lucas, Paul Farrier, Richard Golden, or David Davis; Commanders George Hansel, Victor Deeter; Lieutenant Commanders Jeanne Richards, Hari Puri, Barbara Boberick, Dave Newton, Stephen DeMaranville, Dale Elleson, Jeffrey Licht; Lieutenants Joanne Fritch, Robert Baxley, Doreen Tryon, William Lukasik, Marie Kelly, Cynthia DiLorenzo, Steven Sameshima, Rise Barkhoff, Faith Weber; Lieutenants (junior grade) Art Fox, Una Gage, Bob Burg; Ensign Deborah Prekker.

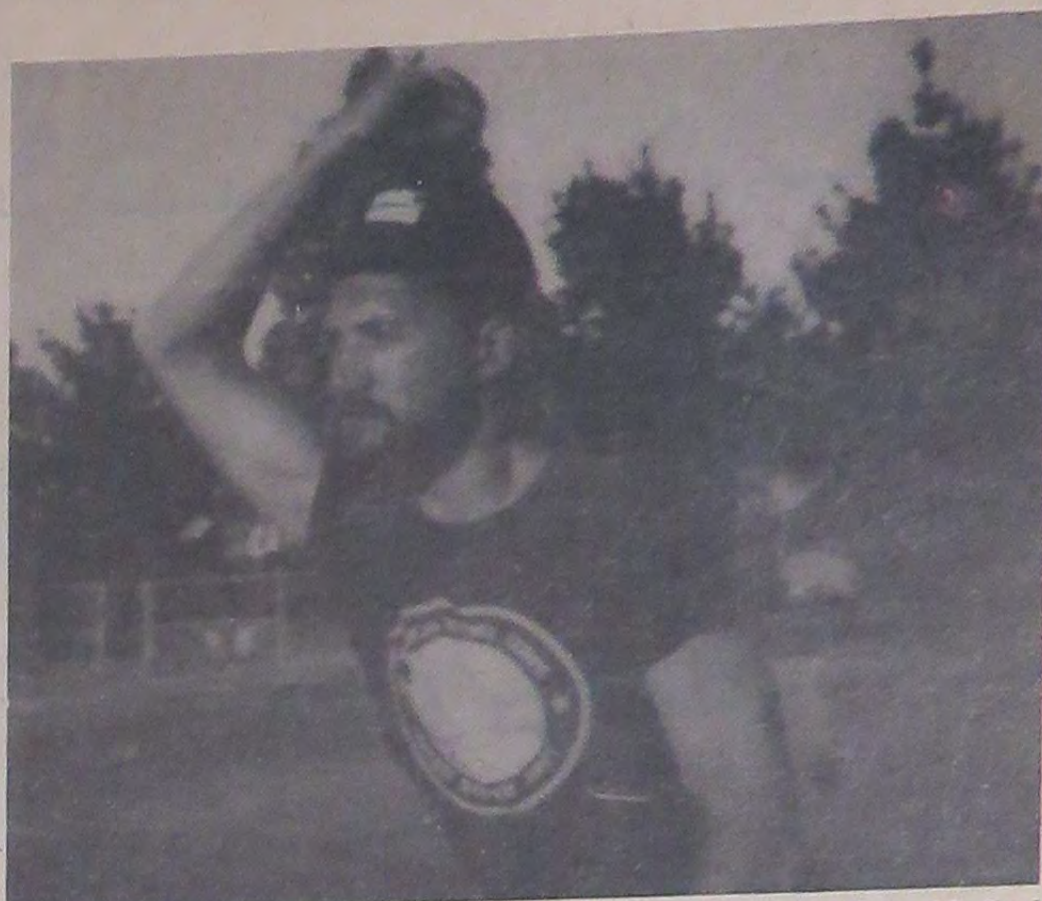
Also, Senior Chief Hospital Corpsman David Jackson, Chief Hospital Corpsman Harold White, Chief Dental Technician Donald Hritz, and Hospital Corpsmen First Class Harold Rader, Clifford Stone, Randy Franks, Jamie Buyayo, Frank Gillette or Danny Gray.

Also, Hospital Corpsmen Second Class Kathy McClure, Nathan Lehr, James Hollis, Scott Marsh, Gregory Leavitt, Riola Cruz or Utilitiesman Second Class William Volger.

Also, Hospitalmen Third Class Bonita Ela, Mary Buhalog, Norman Cooper, Debra Ebright, Rafael Aparicio, Chris Stainbrook, Leslie Hopper, Pierre Alfred, Lawrence Marchionda, Timothy Sherman.

Also, Hospitalmen Eva Eubanks and Angela Hearn, and civilians Jennifer Smith, Susan Stark, Hazel Harlow and Jane Lippincott.

Coordinators of the drive on Oak Knoll are Lieutenants (junior grade) Robert Owen and Joel Libby, both of Military Manpower Service.



WARMING UP—Ensign Michael Biggs warms up in practice for the Medical Service Corps-Chief Petty Officers softball game on base next Wednesday. Pitcher Biggs will be on the mound for the MSCs in the traditional annual battle in support of the Navy Relief Society fund drive.

Vol. 43 No. 10

the Oak Leaf



NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, May 22, 1981

37 from region participating in 'Wounded Warrior I'

Thirty-seven military personnel from the Oakland Naval Medical Region are participating in "Wounded Warrior I," the largest medical exercise since World War II, now in progress in the Camp Roberts area.

The exercise of 4,500 troops involves 34 units, five states and components of the active duty Army, Navy, Air Force, National Guard and Army Reserve, as well as representatives from NATO.

The training period will be highlighted by a four-day FTX (Field Training Exercise) May 24-27, involving four principal sites—Camp Roberts, Fort Hunter Liggett, Camp San Luis Obispo and Los Alamitos. The FTX is designed to test the ability of medical units to perform their functions under continuous simulated battlefield conditions in a European theater. Simulated wounded players will receive treatment, care and support as if they were actually wounded. The exercise will also test the capability of medical and support units available to the states in time of emergencies or natural disasters.

News media representatives from Sacramento and the Bay Area will visit the briefing area and four field contact points, including a combat support hospital at Fort Hunter Liggett; a

mobile air staging facility near the landing strip at the same fort where wounded are sorted and flown by C-130 to San Luis Obispo; Camp San Luis Obispo where continued care of wounded personnel will be performed, and at the same location, a theater Army Medical Corps exercise. A fifth point is to be located at Los Alamitos where southern California media will have the opportunity to review the importance of that facility in case of an actual state emergency.

Representing Naval Regional Medical Center Oakland will be five corpsmen from Oak Knoll and an additional five from Moffett Branch Clinic on the triage team, and 25 other corpsmen acting as casualties. The first group left yesterday by helicopter from the Presidio of San Francisco to Camp Roberts, and the remainder will depart Alameda Naval Air Station, also by helicopter, on Sunday.

Captain Warren W. Hodge, Regional Health Care Coordinator and official representative of this command, will be on the scene to observe the exercise on May 26.

Also accompanying the corpsmen will be Hospital Apprentice Greg Alspach of the Oak Leaf office, who will contribute an eye-witness account for our readers after the exercise.

Supervisors train to judge employees

Training sessions are now underway at this command to acquaint supervisory personnel with a new civilian performance appraisal system which becomes effective Oct. 1.

The one-day classes, held from 8:30 a.m. to 4:30 p.m. in Bldg. 75A, began May 19 and will continue through June 4. A total of approximately 100 persons are attending the classes, which are scheduled May 19, 20, 21, 26, 27, 28 and June 2, 3 and 4.

Both supervisory civilian personnel and military designated to appraise the

performance of civilian employees are enrolled in the training.

The new performance appraisal system will establish standards for evaluating a worker's production. Results will be used as a basis for training, rewarding, reassigning, promoting, reducing in grade, retaining, removing and assisting employees in improving unacceptable performance.

Details of the new system will be explained in a future issue of Oak Leaf.

Class scheduling is being conducted by Sherry Robinson, Civilian Personnel Service, Ext. 2116.



See Page 6

EDITORIAL

Memorial Day

May 25

*From out our crowded calendar
One day we pluck to give;
It is the day the Dying pause
To honor those who live.*

—McLamburgh Wilson

Monday, May 25 is Memorial Day, and for most of us, a holiday away from our jobs without charge to leave.

To others, it is a time to make the annual trek to cemeteries where loved ones are at rest to decorate the graves with colorful spring flowers as tokens of remembrance.

In Hawaii and on the West Coast too, some go out in boats to cast blossoms upon the waters.

For our country cousins, and for some us rural born who have migrated to the city, it is also often a day when we return to roll up our sleeves, cut the grass around the family plot, pull up a year's accumulation of weeds and haul away the debris from an otherwise unmaintained country cemetery.

There are still others who send a check to a relative or friend to take care of these chores for them, and take off, with clear conscience, for a long, playful weekend at



the mountains or beach.

Then there are those ever-dwindling few who take the day quite seriously. Some follow the American tradition of attending public memorial services for veterans; some, as members of patriotic organizations, spend several hours placing small flags on the graves of fallen comrades throughout the nation; while some simply observe the day quietly in prayer, alone with private thoughts and memories of those who have gone before.

We have nothing against a long weekend of play, and if we could poll our departed friends and loved ones, the majority would undoubtedly encourage us to enjoy whatever we can during the remainder of our short lives on earth.

All of us, however, should reserve a little time on the holiday to think about the real meaning. . . . and the very real, tho' departed people this observance honors. If all the hundreds of thousands of Americans who died in the many wars involving this nation hadn't sacrificed their lives for us and our way of living, what would this country be like today? Yes, we owe them a debt of gratitude, and a sincere, silent "thanks" is worth more than a carload of posies.

Enjoy the three-day weekend. Drive cautiously if you hit the roads. But do take time to smell the roses, and remember those who made them bloom. (BB)

OSD rationale on civilian slots, military budget

(Editor's Note: The following articles originated in the Office of Assistant Secretary of Defense (Public Affairs) and are published verbatim in their entirety for background information only.)

CIVILIANS FOR DEFENSE

The Department of Defense has provided the following rationale for increasing the department's civilian authorization by 30,000:

An additional 30,000 civilian workers will allow us to get the greatest capability from our current forces and weaponry before we start adding new forces and weapons. Here is how they will do that:

Combat units need good training and good equipment to be fully ready. But many of our units cannot train the way they should because they have lots of people missing. The troops are off doing housekeeping and base support jobs that civilians could do. Every day, the equivalent of a full division of fighting men has to be pulled away from training with their units. They cannot keep their combat skills sharp and their units cannot become effective fighting teams. We want to hire about 20,000 civilians to do the housekeeping jobs so the military troops can train for combat.

Combat units also need to be well equipped. Right now, too much of our expensive fighting machinery is unusable for want of repair and we do not have enough supplies and spare parts to sustain units in combat. For example, the previous administration's budget, which did not call for a larger defense workforce, would have left 400 airframes and 1,000 aircraft engines deadlined to the maintenance depots, unrepaired and unusable. With the 13,000 extra workers for depots and shipyards proposed by President Reagan, virtually all of our planes, tanks and ships will be made ready for combat, and will be kept ready. Another 5,000 civilians will go to work at our supply activities, buying and distributing more tons of spare parts and combat gear, so that our troops will be able to respond quickly and have plenty of staying power.

We have lots of work to do to improve military readiness. We need a lot of workers.

But the department has not forgotten the need to operate more efficiently. We will hire more workers where they are needed, but in other areas we have set ambitious goals for reducing the federal payroll. For example, we have more than doubled the previous administration's goals for saving from increased reliance on efficient private contractors. We are also redoubling efforts to streamline labor intensive base operations and to improve productivity by investing in labor saving equipment. These efforts to become more efficient will offset some but not all of our immediate needs to improve readiness.

Readiness improvements must not be delayed. The quickest way to improve defense capability is to hire more civilian workers so that soldiers can train and

equipment can be made ready for war.

Statement by Deputy Secretary of Defense Carlucci on the Proposed House Budget Committee Markup of the FY 1982 President's Budget.

The Department of Defense strongly opposes the proposal to reduce the President's FY 1982 Defense Program now being considered by the House Budget Committee.

The budget proposed by the Department of Defense has been carefully developed to provide the capability to increase our readiness, to expand our strategic forces in critical areas, and to give our personnel adequate compensation. Our effort has been moderate, even prudent, in designing a program that will restore our defense posture back to the level that is required to meet the growing threat to our security. President Reagan's election indicates that the American people support that effort.

The proposals for reduction hit directly at vital needs of our defense establishment and, if adopted, will seriously delay our ability to increase the readiness of our forces and rebuild our defense capabilities. Their proposals would:

- Eliminate the July 1981 5.3 percent military pay raise:

The July pay increase that we have proposed for our military personnel is a critically important part of our program to strengthen the nation's defense. Military pay has lagged behind the civilian sector. This increase is vitally needed if we are to attract and retain the people required to man the forces. Without it our recruitment and retention goals will be in jeopardy.

- Hold civilian manpower to current levels:

These reductions would impact the readiness of forces by continuing the wasteful practice of using military personnel to do housekeeping chores that can be more effectively accomplished by civilians. The price we pay, of course, is the resulting inadequate training of the troops in their military specialties. Manpower reductions will also delay the overhaul of needed military equipment and the acquisition and supply of new equipment.

- Programs proposed for delay or change:

These include such vital programs as the MX missile, M-1 tanks, fighting vehicle systems, DIVAD air defense gun, HARM missile and the reactivation of the battleships NEW JERSEY and IOWA.

- Reduce maintenance of troop support facilities:

Reductions in real property maintenance will delay the repair and modernization of troop living and working areas, thus continuing the deterioration of vitally needed support facilities.

Our national defense posture has eroded in recent years. We hope the Congress will join with us in sending a clear signal that our nation intends to restore the capability to defend its vital interests wherever these interests may be challenged.

Words of wit and wisdom

Tomorrow, today will be yesterday.

Even the best seed has trouble growing up in poor soil.

Roses are red,
violets are blue,
but they don't get around
like dandelions do!!

A winner never quits and a quitter never wins.

Never kick a man when he is down.
He may get up!

The best man for a job is often a woman.

When life gives you lemons, make lemonade.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Friday, May 22, 1981

Activites scheduled for intern turnover

If you notice the absence of medical interns and dental general practice residents at the hospital today, it's because they are out enjoying the traditional annual intern picnic.

On June 26 the 1980-81 intern class and the new medical interns and dental residents reporting in will be honored at a "hail and farewell" party

in the Officers' Club.

Intern graduation ceremonies will be held June 30 at 2 p.m. in the Clinical Assembly, followed by a reception at the Officers' Club.

And, at 8 a.m., July 1, the 1981-82 class of medical interns and dental general practice residents will report for duty.

Savings bond interest up

Secretary of the Treasury Donald T. Regan has announced a new one-percent rise in the interest rate for U. S. Savings Bonds and Savings Notes, effective May 1.

The interest rate on Series II Savings Bonds purchased on or after that date is increased from 8 to 9 percent, compounded semiannually, when the bonds are held to original maturity. The term to maturity is also shortened,

from nine to eight years.

The interest rate on Series HH Savings Bonds purchased beginning May 1, is increased from 7½ percent to 8½ percent to their original maturity, which remains at 10 years. Interest on these bonds is paid semiannually by check.

The action also increases the yield to maturity on outstanding Savings Bonds and Savings Notes.

Call NSC if shipping out or in

The Personal Property Office, Naval Supply Center, Oakland has some words of advice to those both "shipping out" and "shipping in."

As soon as you receive transfer orders, contact their office in Bldg. 222-2E at the Naval Supply Center (telephone 466-5461/2) as soon as possible. A minimum of 10 working days is required before your established pickup date for processing and documentation. Normal working hours are 7:30 a.m. to 4:00 p.m., Monday through Friday, except for holidays. Appointments may be scheduled by calling the above number.

For those of you reporting in, telephone the same office immediately upon arrival in the area, and provide an in-transit or permanent telephone number and address where you may be

contacted. Inbound Customer Service telephone numbers are keyed to the first letter of a member's last name: A-K, (415) 466-6223/4/5; L-Z, (415) 466-6463/4/5. Collect calls (official business) are accepted for delivery coordination. Local agents require a minimum of five days advance notice to schedule equipment for delivery of household goods; however, during the June/September peak season, as many as 14 days may be required. Inform Inbound Customer Service immediately if there are any changes in your plans. Attempted deliveries can be very expensive to the member.

Written authorization or Power of Attorney is required if someone other than the sponsor is going to release and/or receive the shipment.

NRMCO loses epidemiologist to EPMU 6 at Pearl Harbor

Commander Richard R. Hooper, Regional Epidemiologist of this command since Jan. 8, 1979, will depart on June 8 for new duty in Hawaii in the same field of specialization. The position he occupies here will not be immediately filled.

Dr. Hooper will return to Navy Environmental and Preventive Medicine Unit (EPMU) No. 6 at Pearl Harbor, his first duty station when he entered the Navy in 1972.

The epidemiologist has been cited a number of times for his outstanding service in the field of military medicine, gaining national recognition as winner of the 1980 Gorgas Medal and for his writings in the *New England Journal of Medicine*.

He earned a Meritorious Service Medal from EPMU 5 in San Diego during a tour of duty prior to assignment at Oak Knoll. At San Diego he conducted an investigation of coccidioidomycosis among military personnel in California.

His superb investigation of a foodhandler-associated outbreak of Hepatitis A was responsible for minimizing losses and disruptions to recruit training and the operating forces.

In 1978, he investigated an outbreak that threatened to abort the mission of an aircraft carrier at sea. Within



CDR Richard R. Hooper

a short time he was able to find the cause and source of toxin contaminating a portion of the water supply and the ship was able to carry out its operational commitments.

In his early duty at EPMU 6, he collaborated in studies concerning penicillin-resistant gonorrhea and in a field trial of antibiotic prophylaxis against this venereal disease.

At this medical center he has been an invaluable consultant on epidemiological matters to both the staff of this hospital and outlying clinics.

Mother spurs senior chief to earn master's degree

Senior Chief Hospital Corpsman Jerry L. Price of Military Manpower Services has now been awarded a master's degree in health care administration through the University of Northern Colorado (UNC).

Although he planned to pursue a bachelor's degree from Southern Illinois (SIU) and a subsequent master's from UNC, his plans were expedited when he learned that his mother had printed a family history in which she credited him with these degrees.

"Well, I couldn't put it in after the books were printed now, could I?" she rationalized. With that incentive, the senior chief accelerated his studies to make the history a fact. "I told her to lay off writing anything further," he said, "I need a rest from school!"

The senior chief has 23 years' service with plans to retire from the Navy in January 1982 and pursue a civilian career in health care administration.

A high school graduate from Guthrie, Okla., he entered the Navy in

1958, and completed service training such as Corps School in San Diego, Operating Room Technician School at Oakland, and Medical Administration Technique in San Diego. He earned an associate of arts degree from DeAnza Junior College in Cupertino and a bachelor of science in health care administration from SIU before completing work for his master's from UNC.

Here since July 1977 as the Staff Enlisted Detailer, Senior Chief Price has also served in assignments aboard USS YORKTOWN (CV-10), with the First Marine Division in Vietnam, as Senior Chief of the Annex Dispensary at Naval Air Station Lemoore, and as the senior enlisted in the Medical Department aboard USS KITTY HAWK (CV-63).

Senior Chief Price and his wife Jean are the parents of a son and three daughters. The family makes its home in San Jose.

\$600 bonus offered for 3-yr. IRR extension

A special bonus of \$600 is being offered to eligible active, reserve and prior-service enlisted personnel who elect to remain in the Individual Ready Reserve (IRR) for an additional three years. The IRR is a manpower pool of trained, non-participating naval reservists serving out the remainder of their obligated service.

The bonus program is designed to increase IRR personnel inventories in ratings critical to the active Navy and selected reserve components where shortfalls currently exist.

To be eligible for the IRR bonus, individuals must meet certain established criteria:

- Eligible for enlistment, reenlistment or extension in the naval reserve,
- Remain an enlisted person during the period of enlistment, reenlistment or extension.

—Enlist, reenlist or extend in one of the 54 designated ratings or those NEC's designated,

—Have completed or be within 90 days of completing current statutory or contractual service obligation (including any active duty service obligation),

—Enlist, reenlist or extend for three years, and,

—Have performed last military service in the Navy or naval reserve.

Personnel with more than three years since active duty or selected reserve participation will be eligible only if there is positive evidence of skill maintenance. Personnel who completed 10 or more years of military service are not currently eligible.

More information may be obtained by calling toll-free 1-800-535-2699/2690; for Louisiana, call (504) 948-5863 collect.



MISSING PARTNER—Hospital Apprentice Greg Alspach cuts into his second wedding cake, this time without the bride's helping hand. The young corpsman, who is working on the Oak Leaf staff while awaiting the August X-ray class, took a few days leave to attend his sister's wedding in Chicago. While there, he decided to make it a double ceremony and married his girlfriend, the former Miss Terri Kobecke, who plans to join him in California in the near future. Greg received the congratulations of the headquarter's staff upon his return to duty here. A piece of the celebration cake rests in the freezer, awaiting the arrival of the bride.

FOR YOUR INFORMATION



HOW SWEET IT IS—Chief Hospital Corpsman John D. Shields (left) and Senior Chief Hospital Corpsman Jerry P. Schlegel both retired from the Navy April 30 and shared honors in cutting a cake celebrating the event. Together, their service totaled 42 years in the military.

Intrepid to become museum

Secretary of the Navy John Lehman has announced that the retired aircraft carrier Intrepid is slated to become a sea-air-space museum and will be permanently berthed in New York.

Intrepid is scheduled to be towed this summer from Philadelphia to Bayonne, N.J. The ship's berth for public viewing is Pier 86 South on West 46th St. in Manhattan.

Secretary Lehman discussed the project on April 27 when he signed the contract turning Intrepid over to the Intrepid Museum Foundation. He emphasized that there could not be a better time than the present to establish such a memorial. The secretary said, "The Navy stands at the threshold of a major resurgence in its strength and in its key role in reestablishing the kind of stable peace that we have been worrying about these past years." He continued by stressing the central role of the large aircraft carrier and air power in establishing naval superiority.

The museum will initially consist of

150,000 square feet, covering two full decks and the island bridges. It will ultimately employ 300 people.

Exhibits will include:

—An array of aircraft on the flight deck designed to trace aviation through the years.

—The Intrepid Theater, which will recapture the sensations of flight and carrier activity through visual and sound experience.

—Pioneers' Hall, to feature a recreation of the shipboard landing of an aircraft made in 1911.

—Space Hall, to include reproductions of the lunar landing module and the space shuttle.

The Intrepid Museum Foundation, a non-profit organization, will be responsible for restoration and conversion of the ship, with a total project cost of \$14 million. The city of New York will contribute \$1.8 million toward the cost of restoring the pier to ensure safe berthing of the carrier.

Navy League passes resolutions in support of maritime services

The Navy League of the United States elected John M. Rau of California to be its new national president at the annual convention held in Norfolk, Va., from April 13-16.

The Navy League membership passed several resolutions supporting the maritime services, including a strong call for continued improvement in military pay benefits.

The league called for enactment of a military education program containing provisions for eligibility based on a minimum number of years of active service. Both active duty and ready reserve personnel would be eligible. Entitlement would be based on active service performed with rights transferable to dependents. A time limit would be set for the expiration of

eligibility after discharge.

The Navy League endorsed fair and just compensation fully competitive with industry and the professions. The league resolved that any changes to the military retirement system must ensure no erosion of military benefits, real or perceived, and no further breach of faith with men and women in uniform.

The Navy League also recommended an improved and expanded CHAMPUS program to include dental benefits and authorization to draw advance pay to cover medical expenses.

The Navy League recognized the acute stresses presented in military family life and endorsed a strong, dynamic family support program.

Career Capsules

By HM1 Barbara Heep

What about those "fringe" benefits? In civilian life, employees sometimes look on so-called "fringe benefits" as an excuse for a lower salary. The military has sometimes been accused of exaggerating them in order to compare more favorably with civilian salaries.

As a matter of fact, they are intangible until used. But when used, they become very measurable benefits unmatched anywhere in civilian life. They include: medical care, survivor's benefits, child care centers, free legal assistance, mortgage housing plan, commissary and exchange privileges, sports and recreation programs, hobby programs and enlisted clubs.

In addition to the above, you are entitled to: reenlistment bonuses, accrued leave and leave rations, 30 days annual paid leave, dislocation allowance, trailer allowances, dependent's transportation on duty changes, shipment of household goods overseas and in the United States, and dependents' schooling overseas and at remote bases.

When personal problems arise you can get help from: the Navy Chaplain, the American Red Cross, the Navy Relief Society, and others.

If problems are serious enough, you may be eligible for: emergency leave or transfer for humanitarian reasons.

Our patients write...

I would like to take this opportunity to convey my appreciation to you, your hospital, and your personnel. My wife... recently had hand surgery... at Oakland NRM, as Castle Air Force Base is not staffed for this type of treatment. The services rendered were "Outstanding" in every way... The operation went well, healing looks good, and use of her hand is slowly getting back to normal.

We were both impressed with the various doctors who not only took time to answer questions, but were obviously very knowledgeable and professional in their individual specialties. Although not meant to slight any of the many people involved, particular mention and praise go to Doctors Lichtman, Schneider, Murphy and Ahbel (Orthopedic Hand Service), Doctor Chalmers (Neurology), and Doctor Dohrmann (Cardiology).

Hazel stayed in Ward 7W and the personnel (doctors/nurses/medical corpsmen) were also very professional. Although we can't remember her name, Hazel was also quite impressed with the Anesthetist. Hazel's care, food, facilities and general concern for her and myself as a husband/visitor were all appreciated.

Thank you again and please convey our appreciation to those concerned for the care given my wife. It was very gratifying to know Hazel was in good hands and to sum it all together, we were quite pleased with Oakland NRM and all the personnel.

Fred T. Pillsbury
Lieutenant Colonel, U. S. Air Force

Kudos

PROMOTIONS

Medical Corps officer Earl Harley to Commander.

Nurse Corps officers Margaret Laudolff, Kathleen Madigan, George Bachman and David McManaway, to Lieutenants (junior grade).

COMMANDERS FROCKED

Medical Corps officers Roger F. Espiritu, Kenneth S. Kelleher, John H. Taylor and Lewis L. Ware, Jr.

Medical Service Corps officers Jack W. Bartlett, Robert P. Legg, Bruce R. Panas and Terence K. Shea.

Nurse Corps officers Roseanne Sobkow and Marcia R. Wright.

LETTERS OF COMMENDATION

Medical Corps Lieutenant Commander Randal Weber, formerly of Moffett Branch Clinic.

Lieutenant Steven Louie, formerly of Nursing Service.

Hospital Corpsman Second Class Jeffrey Yuskaitis, Emergency Room and Primary Care Clinic.

Hospital Corpsman Third Class Edgardo Geliberte, Outpatient Service.

LETTER OF APPRECIATION

Hospital Corpsman Second Class Dale Johnson, Clinical Investigation Center.

LENGTH OF SERVICE AWARD

Licensed Vocational Nurse Joan Gilmore of Pediatrics, 15 years' civil service.

Academy sails to win

U. S. Naval Academy Midshipmen recently finished first in area sailing eliminations. They continued to pile up sailing wins in the District Team Racing Championship, the service academy Yawl Championship, the Army Mule Regatta, and the Rodeo River spring series.

Naval Academy sailors successfully defended their national collegiate large yacht championship and the John F. Kennedy Cup by decisively winning a seven-race series sailed in their Luders 44-foot yawls off Annapolis, Md. recently.

They finished with the overall team low score to win the interservice dinghy championship.



PEOPLE MAKE NEWS

MSC in spotlight

Podiatrist fast with feet (and arms)

Medical Service Corps Lieutenant Ronald A. Warcholak, podiatry resident in the Podiatry Clinic of Orthopedic Service, is a former Marine who holds a black belt in both Korean Tae Kwon Do and Japanese Jiu Jitsu.

He enlisted in the U. S. Marine Corps Reserve in 1958 and was honorably discharged in 1964. Five years ago he was sworn into the Navy by The Honorable J. William Middendorf II, then Secretary of the Navy.

Dr. Warcholak, who has been in the Podiatry Residency Program at Naval Regional Medical Center Oakland since last

August, holds a bachelor of science in health care services from Southern Illinois University, a master of arts in human resources management from Pepperdine University, and a doctorate from the Ohio College of Podiatric Medicine. He is a fellow of the American Society of Podiatric Dermatology.

Before his assignment here he served as a staff podiatrist at Naval Regional Medical Center Camp LeJeune, N. C., where his clinic treated 25,000 patients over a four-year period.

Dr. Warcholak will rotate to

another staff podiatrist billet at Naval Regional Medical Center, Orlando, Fla. in August.

The son of Mrs. Sophia Warcholak and the late Andrew Warcholak of Pittsburgh, Pa., is married and the father of two. Dr. Warcholak and his wife Lue Ann, sons Brett, 4, and Brian, 2, make their home in quarters on Oakland Army Base.

Dr. Warcholak is past co-leader in a great books discussion group. He enjoys reading the classics, listening to big band music and "watching Pittsburgh Steeler football games."



Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Medical Corps Lieutenant Commander Randal Weber, Branch Clinic, Moffett Field, released from active duty.

Nurse Corps Lieutenant Steven Louie, released from active duty.

Chaplain (Lieutenant Commander) Floyd Ellison, Pastoral Care Service, to First Marine Wing, Okinawa, Japan.

Boiler Technician Fireman John T. Retz, OOD Desk, to USS ROANOKE.

Hospital Corpsman Third Class Keith Vail, Clinical Investigations Center, to El Toro Marine Corps Base, Calif.

Ms. Jill Snyder, Student Aid, Medical Library, to UC Santa Cruz.

"Welcome aboard" to newly arrived:

Medical Corps Lieutenant John Hanig, Intern.

Medical Corps Lieutenant Commander Brace Hintz, ACDUTRA Urology.

Hospitalman Tina Armellino, Pharmacy.

Hospitalman Steven Butler, Emergency Room.

Hospital Corpsman Third Class Jon Bangs, Operating Management.

Hospital Corpsman First Class Kenneth Crawford, Pharmacy.

Hospital Corpsman Third Class Lori Chase, Security.

Hospitalman Donna Dunlap, Radiation Therapy.

Hospitalman Jose Darang, Radiation Therapy.

Hospital Corpsman Second Class Yvonne Enrico, Physical/Occupational Therapy.

Hospital Corpsman Third Class Michael Kellett, Operating Management.

Hospital Apprentice Edward Litchfield, 7 East.

Hospitalman Recruit Elizabeth Maki, Medical Records.

Hospital Apprentice Manuel Naguit, Pharmacy.

Hospital Corpsman Third Class Dean Wiggs, Cardiology Clinic.

Former 'Gitmo' corpsman named Sailor of Month here

Hospital Corpsman Third Class Beth Sclar has been selected Sailor of the Month (April) for Naval Regional Medical Center Oakland (NRMCO).

Petty Officer Sclar, 24, has been in the Navy three years and at NRMCO for 11 months as an operating room technician in the main OR.

"I am very honored to be selected as Sailor of the Month and proud to be a member of the Operating Room staff," she said. "The officers and enlisted personnel show great pride and professionalism in their work, which really inspires one to do the best possible job."

The daughter of Mr. and Mrs. Robert Sclar of San Jose completed recruit training at Orlando, Fla.; Hospital Corps School at Great Lakes, Ill., and Operating Room Technician School at NRMCO before her prior assignment at Guantanamo Bay, Cuba, duty that earned her a letter of appreciation from that command.

She attends night college on a part-time basis and hopes to achieve a degree in nursing or geology.

The petty officer makes her home in Hayward and enjoys leisure time

activities of running, snorkel diving, racquetball, softball, backpacking, cooking, gardening, reading and sewing.



HM3 Beth Sclar

Opal Brozick completes career

Mrs. Opal J. Brozick, a health technician in Optometry here for the past seven years, has retired after 29 years of federal service.

"I have truly enjoyed my service," she said. "My husband Jim, retired six years ago after 38 years' military and civil service combined. Now with my retirement we can travel and do the many things we have long wanted to do... and, I can spend more time with my five grandchildren."

Mrs. Brozick added that she looks forward to a long, healthy retirement, a goal not unreasonable as she enjoys swimming and hiking.

In addition to the years at Oak Knoll, she was employed at NAS Alameda for 12 years and San Francisco Naval Shipyard for 10.

The former optometric assistant is the mother of two sons, both of them educators and both of them with 10 years service each in the active and reserve Navy. Raymon T. Stansbury is an instructor at Diablo Valley College in Concord and his brother Bob teaches at Arroyo Mocho Elementary School in Livermore.

Mrs. Brozick and her husband make their home in Danville.

HSETC visitors here June 1-3

Representatives from the Health Science Education and Training Command (HSETC), Bethesda, Md., will visit NRMCO Oakland June 1-3 to confer with the Clinical Investigation Service staff and researchers.

Representing HSETC will be Captain

C. R. Mock, head of HSETC and also Director of Clinical Investigation Projects; LCDR John Kelly, Comptroller and Assistant Director of Clinical Investigation Projects, and Mrs. Chris Veneski, also of the HSETC staff.



LOOKING TOWARD RETIREMENT—Opal Brozick fits a pair of glasses on an unidentified patient in the Optometry department at Naval Regional Medical Center Oakland during one of her last days on the job before retirement.

SPEAKING OF HEALTH CARE

FDEA warns: LSD coming back on scene

The Secretaries of the Military Departments have been alerted to a recent resurgence of LSD, according to the Office of the Assistant-Secretary of Defense (Health Affairs).

If the amount of LSD seen in the field is judged to be excessive, this office says, a reagent will be developed for use in the urinalysis testing program.

After almost disappearing from the drug scene in the mid-1970s, the psychedelic drugs are re-emerging as drugs of choice among a whole new generation of drug users, according to information from the Federal Drug Enforcement Administration. OSD notification to Service Secretaries follows release of this information from the FDEA.

Also known as the hallucinogens, these drugs are beginning a resurgence in popularity among both military and civilian youth. This is especially true of LSD.

A fourfold increase in the dosage units of LSD removed from the illicit US drug market has been reported by the FDEA. In the most recent US Army Europe survey, LSD was cited as the third most popular drug by the E-1 through E-4 population, with only marijuana and cocaine ahead of it.

A recent Department of Defense survey of active duty military personnel revealed that approximately one out of 12-8 percent—of all military personnel reported using hallucinogens within the last year. According to the DoD survey conducted in 1980 by Burt Associates, 1 out of 33 active duty military—3 percent—reported using hallucinogens within the last 30 days.

For persons in grades E-1 through E-5, these rates increased to 1 out of 8-12 percent—and 1 out of 20-5 percent—respectively. Rates of use among some of the services are much higher than these average rates.

Although these findings are considered conservative, usage rates revealed are very comparable with those found in civilian populations of the same age groups. Nonetheless, OSD officials say, it is imperative that commanders at all levels be aware of the effects of psychedelic drugs, particularly LSD, and the recent increase in their use.

One reason for the resurgence is that the potencies of LSD currently being offered on illicit markets are

markedly lower than those encountered during the LSD epidemic of the 1960s.

Another reason for the increase in LSD use is the wide range of media coverage of the adverse effects of PCP. Hallucinogenic abusers have shifted away from this drug to other hallucinogens like LSD.

Psychedelic drugs have the ability to distort or skew the perception of objective reality. They have the capacity to induce visual, auditory, or other hallucinations and delusions if taken in sufficient dose.

Mood alterations may range from a state of euphoria to a severely depressed feeling. Obvious physiological changes include dilation of the pupils, an increase in heart beat, a rise in blood pressure, and a rise in body temperature.

Users report becoming disoriented to direction, distance, and time. Impairment of body motor skills and coordination can also occur.

Because of their stimulant properties, psychedelics may create symptoms of acute anxiety and restlessness. Sleep may be impossible under the effects of these drugs and insomnia may last after the high has worn off. Long-term consequences may include pronounced psychological dependence, tolerance, and cross-tolerance to other psychedelics.

One of the dangers of the psychedelics is that their effects are relatively unpredictable from use to use. Flashbacks, spontaneous reoccurrences of psychedelic sensation up to a year after last use, are possible and even probable among chronic abusers.

In spite of the fact that users consider present low dosage LSD and other psychedelics safe and acceptable, these drugs are far from benign. Users can lose contact with reality for extended periods of time. This effect makes the drug especially dangerous for military personnel.

FLASHBACKS DANGEROUS ON MILITARY JOBS

Besides the obvious short-term problems associated with the management of an intoxicated individual, use of psychedelics by military personnel has severe and significant long-term implications for users and for the force.

Flashbacks are spontaneous reoccurrences of the original psychedelic experience days or even months after last use. Chronic users will probably experience flashbacks; occurrences are rarer for the recreational user.



It is believed that flashbacks are not the result of any storage of the drug in the body. They are probably due to uncontrolled remembrance of an hallucinogenic effect of the drug. There is no real danger from the actual remembrance.

The danger is that flashbacks can produce panic reaction. An attack of acute anxiety is the real problem. It becomes particularly dangerous because flashbacks occur without warning and can take place while a service member is driving or using dangerous equipment.

For individuals who have borderline psychiatric problems, using psychedelics can trigger episodes of prolonged mental illness. Even for normal individuals, a "bad trip" can cause prolonged serious depression and/or anxiety. In some cases suicide is a risk.

Judgment, thinking, and perception can be distorted for weeks or months after a bad psychedelic experience.

Dramatic psychological dependence can easily develop with the psychedelics, especially LSD. There is a state in which getting high is so central to a person's thinking, emotions, and actions that it is hard to get him or her to stop.

Work responsibility, social and professional relationships and related activities have little priority in comparison. (AFIS)

16 volunteer for AFD duty

Several members of this command participated in Armed Forces Day exhibits and activities in San Francisco last weekend.

Lieutenant Glen Butner, Lieutenant (junior grade) Art Fox and Polly Suszan Hospital Corpsman Third Class L. Byron Hopper and Hospital Apprentice Beth Cloonan worked both Friday and Saturday.

Hospitalman Beth Coughenour, Chief Hospital Corpsman Herman Glatzer, Hospital Corpsman Third Class Jeffrey Furgeson, Hospital Corpsman Second Class Thomas Dougherty, Ensign Mike Biggs and Hospital Corpsman Third Class George Imburga volunteered their services on Friday.

NRMCO was also represented on Saturday by Hospital Corpsman Second Class Jesse Laster, Hospital Corpsman First Class Connie Vermilion, Hospitalman Jeff Fye, Hospitalman Al Boatman and Hospital Apprentice Greg Alspach. LTJG Suszan's husband Michael, a Navy lieutenant in the Judge Advocate General Corps, also reported on Saturday to lend a hand.

The medical center had an ambulance on display and demonstrated cardiopulmonary resuscitation procedures.

Watch salt intake

If you are taking salt tablets during the hot, humid days of summer, you may be increasing the chance of heat illness rather than reducing it.

According to the experts, a change has been made in the use of salt during hot, humid weather.

Recent studies show that up to two grams of salt (roughly three salt tablets) taken in addition to a normal diet does not lower the chance of heat cramps or heat stroke and only slightly reduces the chance of heat exhaustion. When more than two grams of additional salt are taken the chances of heat exhaustion increase and illness caused by too much salt being used results.

When working during the hot summer months, you should not miss meals to help prevent heat illness.



LEARNING EXPERIENCE—McClymonds High School in Oakland called upon the Naval Regional Medical Center for a couple of volunteers to demonstrate cardiopulmonary resuscitation during the school's Health Day, May 5. Chief Hospital Corpsman Herman Glatzer and Hospitalman Beth Coughenour responded and



showed the students how it's done. In the photo at left, Chief Glatzer supervises the efforts of a girl student, while Hospitalman Coughenour (in right photo), shows boy students where to apply pressure on a mannequin.

Friday, May 22, 1981

WITH THE FAMILY



LUCKY TIMING—Baby boy Lawrence John White scheduled his arrival to become the first baby born at Naval Regional Medical Center Oakland on Mother's Day and so won a complete layette from the ladies auxiliary of Fleet Reserve Association Unit 10. Presenting the basketload of clothing, some handmade, were Mrs. Sandy McNichol (left) and Mrs. Shirley Schalla. Receiving the gift were the infant's parents, Radioman Second Class Kenneth W. White of the U. S. Coast Guard Communications Station at Pt. Reyes and his wife Donna, who have two other children. Lawrence was born at 9:55 a.m., May 10, and weighed in at 6 lbs. 8½ oz.

BIRTHS

The following recent additions to the medical/dental "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Dental Technician Second Class Eliseo M. Irasusta, Dental Service, and his wife Jenny, May 2.

A baby boy to Dental Technician Second Class Edgardo D. Yusi, Naval Regional Dental Center, Treasure Island, and his wife Adela, May 2.

A baby girl to Hospital Corpsman Second Class Howard W. Jones, Alcohol Rehabilitation Service staff, and his wife Patricia, May 5.

A baby girl to Lieutenant Commander Thomas J. Tomzak, OB/GYN Service, and his wife Eileen, May 8.

Classifieds

BED FOR SALE

Full-size bed (mattress, box spring and frame). Excellent condition. Two years old. \$200 or best offer. HM3 Walker, Ext. 2461.

CARPOOL

Vallejo-NRMCO carpool needed. Must drive. 8-4:30 p.m. shift. Call Gabby, Ext. 2005 or Ext. 3912 for details.

REWARD

If you saw who struck my VW convertible on May 11 between 7:30-11 a.m. in the visitor/staff lot behind the hospital, call Fred Ext. 2348.

The military family

Question: My child has entered school for the first time. Do you have any advice to help him get off to a good start?

Reply: When it comes to education especially, a good beginning sets the scene for years ahead. By a "good beginning" we mean that the child learns, relates to classmates, is comfortable with the teacher and, above all, develops a love for learning and with it a love for school.

At least five essential elements are required for learning to take place: normal intelligence, neurologic intactness (a child who can see well, hear well, is free of hyperactivity, and does not have any specific learning disability), emotional intactness (general emotional strength and well-being), effective teaching, and a home environment which values and encourages learning.

A child's mind does the learning. Teachers teach; parents encourage. But the child learns. The parents' job is peripheral to learning: They should help the child develop inner confidence, encourage a willingness to take chances and deal with unknowns, and give emotional support to the child's efforts to preserve and handle day-to-day problems.

I would like to suggest 10 golden rules for parents whose children are about to embark on education's long road:

1. Expose the child in every way possible to the excitement of learning. Encourage selective television of educational nature; read books together, and encourage the child to read.

2. Impart to the child that school is a happy and exciting place.

3. Facilitate separation. Do not show anxiety when the child leaves for school.

4. Believe in the school's ability to educate your child. Have trust in the professional competence of the staff. Take part in parent/teacher meetings.

5. React supportively and reassuringly to early failures as perceived by the child. Help him or her get to the top of a subject not understood

so that in the end it will be mastered.

6. React supportively and actively to help your child deal with any fearful avoidance of learning or problems that may develop with classmates. Any meaningful fear you let pass grows larger and is habit forming.

7. Do not jump on your child when he or she reports being disciplined at school. The child should not suffer "double jeopardy" with punishment again at home for something for which punishment was received at school.

8. Coordinate with the teacher on your efforts to help the child learn faster. This will avoid parent and teacher working at cross purposes and prevent anxiety in the child from being pushed too hard in a given subject area.

9. Enhance the development of social comfort. At least half of the energy expended in school is used for social and interpersonal relations. A child who feels accepted by classmates has more energy to devote to learning.

10. Impart by word and action that school is the child's world and work. Encourage discussion of activities but respect the child's privacy if he or she does not wish to respond. Avoid the time worn, "What did you do in school today?" Rather search for specific ways of getting the child to talk about life. For example: "What class was the most enjoyable today?"

Send your questions about military family life to:

Dr. Eli Breger
c/o Clipseet
Rm. 501, 1117 N. 19th St.
Arlington, Va. 22209

Small Claims Court may be your answer

Are you having trouble resolving a consumer problem with a local business? You may be able to get help from a small claims court.

According to the U. S. Department of Justice, a growing number of people around the country are getting results from these courts. They pay only a small filing charge—usually no more than \$10—and eliminate lawyers' fees by presenting their cases themselves.

You can locate the small claims

court nearest you in the phone book. The court will have a clerk or counselor explain the procedures for filing a claim.

When your day in court arrives, present your case clearly and be able to back up what you say with bills, cancelled checks, repair estimates, and other relevant material.

If you need more information, write Consumer Focus, Pueblo, Colo. 81009.

MOVIES

Friday, May 22, 6:30 p.m.—SUNNYSIDE—Joey Travolta, John Lansin—Gang Drama/R

Saturday, May 23, 1 p.m.—RUNNING—Michael Douglas, Susan Auspach—Drama/PG

Saturday, May 23, 2:45 p.m.—LADY AND THE TRAMP—Animated—Comedy/G
Sunday, May 24, 6:30 p.m.—ANGEL'S BRIGADE—Jack Palance, Jim Backus—Action/PG

Monday, May 25, HOLIDAY; NO MOVIE WILL BE SHOWN IN OBSERVANCE OF MEMORIAL DAY

Tuesday, May 26, 6:30 p.m.—TIME AFTER TIME—Malcolm McDowell, David Warner—Suspense Drama/PG

Wednesday, May 27, 6:30 p.m.—RAGING BULL—Robert De Niro, Joe Pesci—Drama/R

Thursday, May 28, 6:30 p.m.—SOMETHING SHORT OF PARADISE—Susan Sarandon—David Steinberg—Comedy/PG

Friday, May 29, 6:30 p.m.—GAS PUMP GIRLS—Kristen Baker, Dennis Bowen—Comedy/R

Saturday, May 30, 1 p.m.—ARABIAN ADVENTURE—Christopher Lee, Milo O'Shea—Adventure/G

Sunday, May 31, 6:30 p.m.—JESSE & LESTER, TWO BROTHERS IN A PLACE CALLED TRINITY—Richard Harrison, Donald O'Brian

Monday, June 1, 6:30 p.m.—A MAN, A WOMAN AND A BANK—Donald Sutherland, Brooke Adams—Comedy/PG

Tuesday, June 2, 6:30 p.m.—ALLIGATOR—Robert Forester, Robin Riker—Horror/R

Wednesday, June 3, 6:30 p.m.—THE SHINING—Jack Nicholson, Shelly Duvall, Danny Lloyd—Horror/R

Thursday, June 4, 6:30 p.m.—LADY IN RED—Louise Fletcher, Robert Conrad, Pamela Sue Martin—Drama/R

OFF DUTY



"Wild West Days" will be celebrated this weekend at Treasure Island and the public is invited to participate.

There'll be a carnival, game booths, a mechanical bull, crafts faire, a dunking booth, the Nimitz Run (see last issue of *Oak Leaf*), bowling events and live entertainment.

'Wild West' at TI

Round 'em up, head 'em out

Featured will be Yosemite Sam, Bugs Bunny, the Bootleggers Western Band, Hooker Rock Group, square dancers, stagecoach rides, the Dancergetics, the Treasure Island Troubadour, and much more.

Picnic tables will be set up on a lawn area and some 50 Bay Area craftsmen will have their wares on display. Refreshment and concession stands, offering a variety of food and drink, will

be operated by Treasure Island base organizations.

The two-day event will run from 10 a.m. to 10 p.m. on Saturday, May 23, and 10 a.m. to 6 p.m. on Sunday, May 24.

Participants and visitors are encouraged to wear western clothing to add to the theme of the festivities.

Personnel at the main gate will direct visitors to parking and the entertainment area.

Beware the 'red tide'

California's annual six-month mussel quarantine began May 1 and will remain in effect through Oct. 31. This quarantine prohibits the sports harvesting, except for use as fish bait, of any species of mussel taken from anywhere along the California seacoast, including San Francisco Bay and all other bays, inlets and harbors.

During this time, bivalve molluscs such as mussels, clams and scallops may concentrate a toxic material highly poisonous to man and animals. The restrictions and recommendations apply only to molluscs collected locally by sports harvesters; molluscs sold commercially in California markets or restaurants should pose no risk of paralytic shellfish poisoning (PSP), the sometimes fatal illness caused by the poisonous toxin.

PSP toxin can lead to an acute disturbance of central nervous system functions within a few minutes to a few hours after ingestion. Symptoms begin with tingling and numbness of the lips, tongue and fingertips, followed by disturbed balance, lack of muscular coordination, slurred speech and difficulty in swallowing. In severe poisonings, complete muscular paralysis and death from asphyxiation can occur if breathing is not maintained by artificial means. There is no known antidote to the poison.

The source of toxin which causes PSP is a form of plankton which molluscs feed on. During warm weather periods this organism can rapidly reproduce. As a result, bivalve molluscs can develop extremely hazardous levels of toxin within a few days without any visible warning. Occasionally, a dangerous bloom of the plankton will tinge ocean waters a redish-brown color, often referred to as the "red tide."

Abalone, crab and shrimp do not feed on the plankton and pose no danger of PSP. (State Department of Health Services)

Doctor lectures, runs in Boston

Medical Corps Commander Thomas Dresser of Nuclear Medicine presented a lecture entitled "Abnormal Medical Findings in Normal Athletes" on April 17 at the Boston Medical Seminar sponsored by the American Medical Joggers Association.

Three days later he participated in the famous Boston Marathon, completing the run and finishing in the upper two-thirds of the 10,000 persons competing.

Dawson No. 2

LCDR Mark Dawson recently finished as runnerup in the Central Pacific Regional Table Tennis Championship held at Treasure Island on May 2.

The local Staff Judge Advocate placed second in the individual, as well as the team championship.

Forty-five persons competed.



COMPETITOR—Ex-Golden Gloves fighter Ray McGrath of Housekeeping began marathon running in 1978 for the sport of it. "I enjoy the individualistic nature of this type of competition. There is no contact and I feel as if I am always competing against myself," he reports. Some of Mr. McGrath's recent competitions include Lite Brigade Half Marathon, 13.1 miles, finished 491 out of 2,000; Run for Daylight (American Cancer Society), 6.2 miles, 444 out of 4,500, and the Avenue of the Giants on May 3, 26.2 miles, where he finished in the upper 50 percent of those running.

Reservations taken for river rafting trip

Special Services is planning a river rafting trip down the American River Saturday, June 20.

The trip will begin at Camp Lotus at about 10 a.m. and will end at Folsom Bridge at about 5 p.m., for a distance of about 11 miles.

The cost of the trip is \$49 per person, which includes:

- *Rafting through the whitewater rapids of American Gorge.
- *Salad/sandwich buffet lunch.
- *Parking fees.
- *Professional guide on each raft

trained in CPR and emergency first aid.

*Safety equipment and first aid materials.

*Oar or paddle option (request upon sign-up).

*Trip details (map, gear list, Q & A sheet, and waiver forms).

Space is limited to 15, so make your reservations now. If you have a car and are willing to take riders, call Sally at Ext. 2479.

To sign up, go to Special Services in Bldg. 38, or call Sally.

NRMCO team wins ship run

The third annual USS WICHITA Run was held May 2.

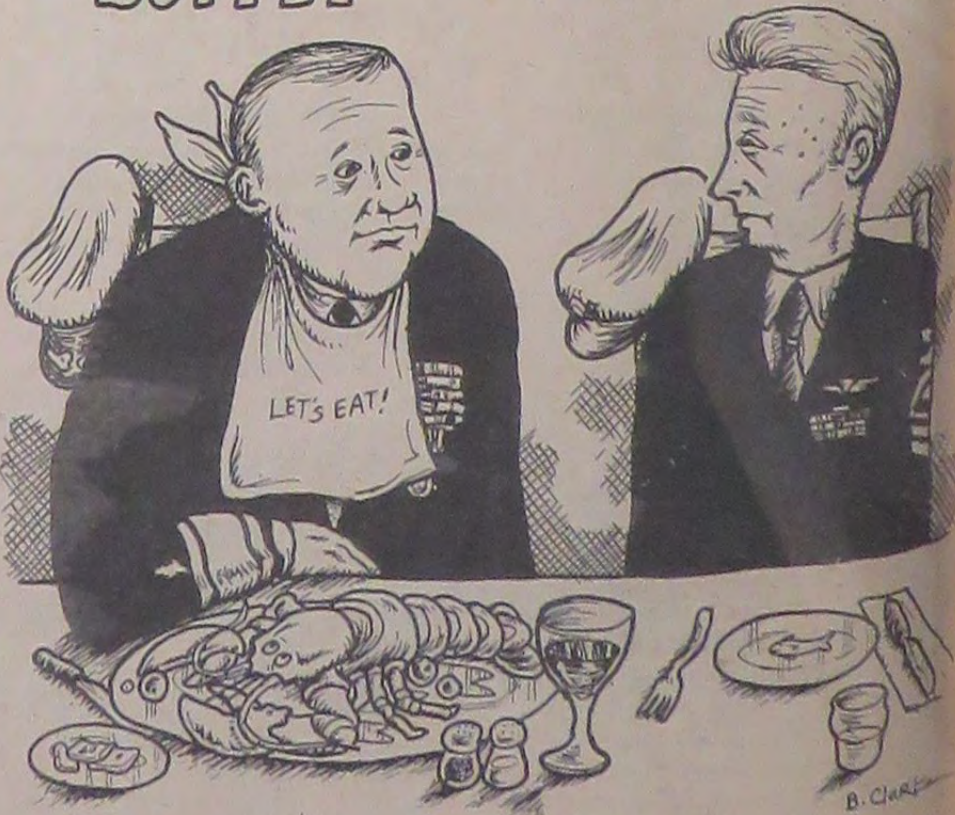
On the winning team representing NRMCO Oakland were CAPT Paul Farrier, LCDR Michael Cassidy, LCDR Casey Barton, LCDR Floyd Ellison and HM2 Emanuel Hernandez.

The race, held at Bay Farm Island, was a six and a half mile run, with LCDR Cassidy taking first place in his age group. Dr. Cassidy also holds the

record for the Oakland Half Marathon which he won in 1979 and placed second last year. CAPT Farrier won sixth place in his group, and was also on the team that won the district championship, along with LCDR Cassidy and Petty Officer Hernandez.

LCDR Barton won 9th in his group, and HM2 Hernandez took 7th in the 19-30 age group.

C.P.O. ASSOCIATION PRESENTS:
THE BOSS'ES LUNCH
THURSDAY JUNE 4 11:30 **TICKETS: 5⁰⁰**
BUFFET
 CONTACT HMC MONTGOMERY X2077



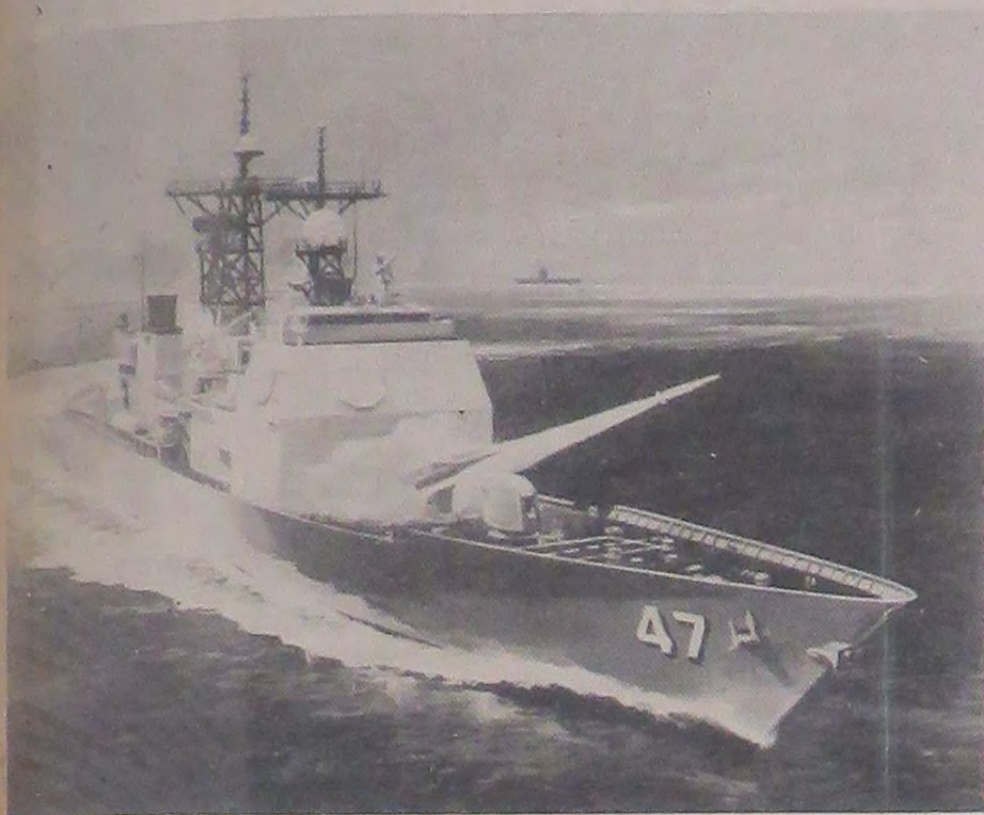
the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, June 5, 1981

With USS TICONDEROGA

U. S. Navy begins new era in fleet air defense



USS TICONDEROGA—An artist's concept of the Guided Missile Cruiser 47 (CG-47) firing a missile. This ship, launched last month, is the first of at least 20 Ticonderoga-class cruisers for the U. S. Navy.

First Lady Nancy Reagan christened the guided missile cruiser TICONDEROGA (CG 47), the first surface combatant with the Aegis Combat System on May 16 in Pascagoula, Miss. This christening marked the beginning of a new era in fleet air defense. This new class of multi-mission, guided missile cruisers represents a major step towards rebuilding the fleet and meeting the Navy's blue-water commitments.

The Aegis Combat System provides high performance in terms of detection, reaction time, firepower and resistance to countermeasure. The system displays to the battle group commander the most comprehensive, timely and accurate air picture in the battle group.

Ticonderoga-class ships, in concert with the battle group, will be capable of engaging simultaneous coordinated attacks by air, surface and submarine threats in the most hostile environment.

Aegis provides the fleet with the capability to counter both current and future threats in two ways: First, it provides the Navy with the latest technological improvements in its ability to detect and react to a wide variety of potential enemy threats; and second, it provides the battle group commander with the ability to combine the many diverse weapons and sensors in the battle group into a coordinated effort to assess each threat, and then use these weapons in the best way to defend the battle group.

Current plans call for construction of at least 20 Ticonderoga-class cruisers, but as many as 24 or more of these multiple purpose ships may be built. The Ticonderoga-class cruiser shares virtually the same hull design as existing Spruance-class destroyers and Kidd-class guided missile destroyers. However, the Ticonderoga will provide greater firepower and versatility than any surface combatant in the U. S. Fleet.

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In addition to the Aegis Combat System, the Ticonderoga-class is equipped with a variety of weapons and sensors. The Light Airborne Multi Purpose System (LAMPS) helicopter provides these ships with extended range anti-submarine warfare capability, plus additional off-ship sensors for anti-war and anti-surface detection. Supplementing the LAMPS Anti-submarine warfare capability is the powerful AN/SQS-53 sonar and a mix of anti-submarine rockets and torpedoes. The principal offensive firepower for these ships against other surface ships is provided by the Harpoon Surface-to-Surface Missile System. Secondary offensive firepower (for use on lower priority targets) is provided by the two 5-inch/54 caliber guns.

This class will take the U. S. Navy

well past the 1980s and represents a quantum leap in fleet anti-air defense.

The new TICONDEROGA continues the famous name and heritage of four former Navy ships commemorating the capture of Fort Ticonderoga from the British during the Revolutionary War. Previous Navy ships named TICONDEROGA included a schooner that served during the War of 1812, a Civil War sloop-of-war that served until 1882 and a World War I transport sunk by a German U-Boat in September 1918 during her fourth transit to Europe. The fourth TICONDEROGA was an aircraft carrier that fought in World War II and the Vietnam War. She also participated in recovery operations of the Apollo 16 and 17 space missions before decommissioning in 1973.

SecDef: 'A challenge to America'

Secretary of Defense Caspar W. Weinberger, speaking at the christening ceremony of TICONDEROGA, said, "This country... faces a great challenge and I believe today's christening symbolizes President Reagan's and America's response to that challenge."

He said the administration is determined to rebuild the nation's military strength by achieving partnership between the country's various public and private sectors. Secretary Weinberger said, "A strong industrial base, meeting our peacetime needs and being capable of wartime expansion and mobilization, is absolutely essential to our country's national security."

Secretary Weinberger continued by citing TICONDEROGA as an example of one of the nation's major strengths—unparalleled technological capacity. "We are christening the most capable anti-air warfare system ever put to sea," he said.

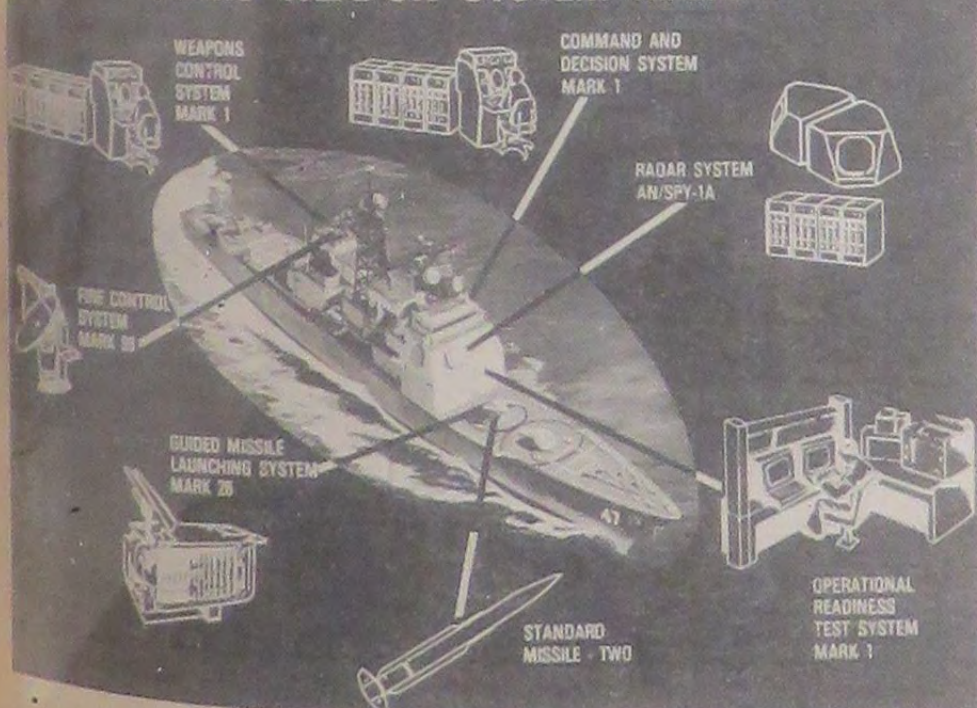
Secretary Weinberger, however, emphasized that technological strength is not enough. "The government of the United States must signal its determination to nur-

ture and to use those strengths, as necessary, to achieve our goals," he said. "We have neglected our defenses... and we have shamefully underpaid our uniformed personnel and paid the price by losing some of our best people when they were most needed."

The Secretary continued by saying major weapons systems alone cannot give the U. S. true combat capability—it takes people to operate the systems. Secretary Weinberger said, "...we have sought pay increases to permit (these forces to be sustained) and (to) retain the people we must have to operate these great ships." Saying that he believed pay raises to be absolutely essential to military personnel, Secretary Weinberger said, "We can—and must—ensure that they receive an adequate wage, that they are not, for example, forced into public aid and food stamp programs."

He added, "Much has been done over the past year by Congress, and now the Reagan administration has asked the Congress to finish the catch-up process it began last year."

AEGIS WEAPON SYSTEM MARK 7



House bill favors 14.3% pay raise

A 14.3 percent across-the-board pay raise, to be effective Oct. 1, is the principal feature of the Armed Forces Pay Act of 1981, which was approved by the House Armed Services Committee on May 12.

The proposed legislation is also known as "The Nichols Bill," because it was written by the Personnel Subcommittee Chairman, Representative Bill Nichols (D-Ala). The bill includes the following major compensation initiatives:

- Increases maximum enlistment bonus from \$5,000 to \$10,000. Permits payment of bonus for less than four year enlistment.

- Authorizes hazardous duty pay of \$110 per month for officers and \$55 for enlisted, to be paid to any personnel

determined eligible by the Secretary of the Navy.

- Authorizes increased travel and transportation incentives for service members and their dependents under certain conditions.

Academy reunion

The seventh annual reunion of Naval Academy alumni in the western area of the U. S., will be held at the Naval Postgraduate School, Monterey, CA, June 26-28, 1981.

For information write to June Week West '81, P. O. Box 8627, NPGS, Monterey, CA 93940.

EDITORIAL



RESPECT FOR OLD GLORY—With Flag Day only a few days away, it is appropriate that we be reminded of the proper etiquette rules at this base. Whenever and wherever the National Anthem is played or "To the Color" (standard) is sounded, at the first note thereof, all pedestrians on the grounds should display respect by facing the flagpole and standing at attention. Additionally, all officers and enlisted members in uniform will render the prescribed salute and hold it until "Carry On" is sounded. Personnel riding or driving in government or privately-owned vehicles are advised to stop their automobile and remain in the car until honors have been completed.

Career Capsules

Take a look at yourself. Where are you now? You're a Navy member, maybe counting the days you've got left. But slow down a second and count up what you've done with the past few years. Because that's where you are right now and whatever you do next is going to be measured against it.

Why did you enter the Navy?

What are your test scores? (GCT, ARI, MECH, CLER)

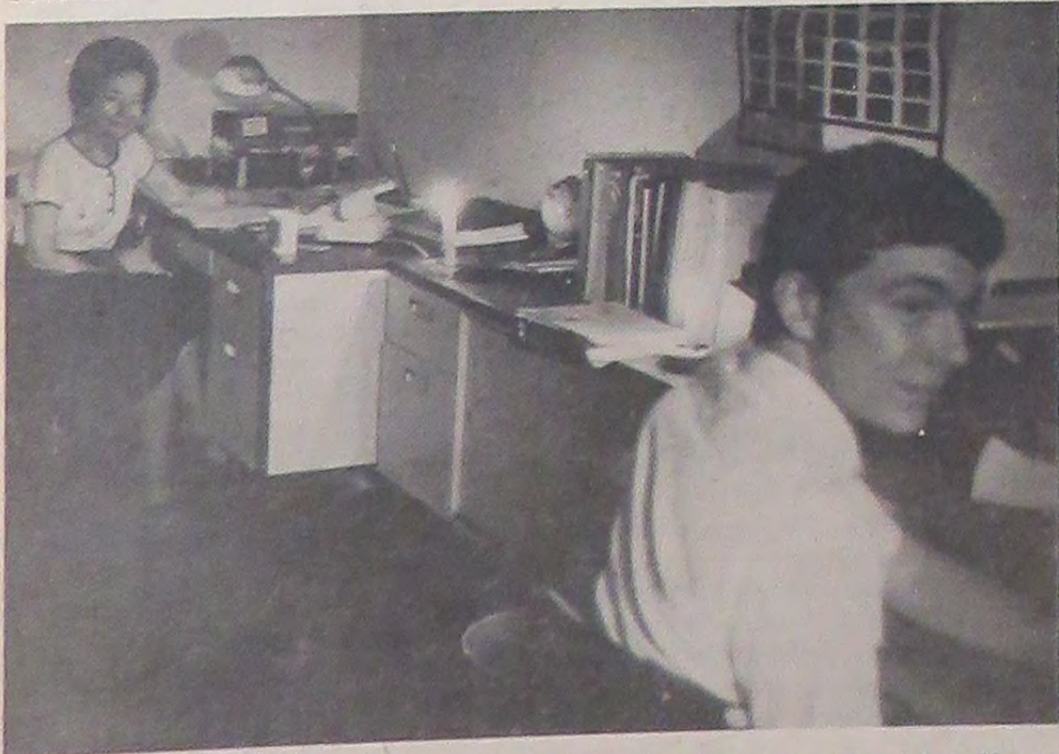
Knowing your capabilities, how high did you expect to go when you came in the Navy?

How high have you advanced to date?

Are you in your desired career field today? (If not, what career field do you want?)

What are you doing to qualify yourself in order to reach your goals?

When you add it up the Navy offers you: financial achievement and security, excellent promotion prospects, outstanding educational opportunities, medical care for you and your family, early retirement and income for the rest of your life, exceptional training, Social Security benefits for your family and yourself, adequate dependents' protection, worldwide travel, duty preferences, and traditional "fringe" benefits.



DON'T KEEP US IN THE DARK!—A few days ago when your editorial staff was up to its eyeballs in deadlines, the lights went out in our little windowless office and stayed that way for more than two hours before Public Works came to our rescue. It seems our ambitious Energy Conservation manager, Chief Richard L. Spencer, decided to whittle down the hospital's monthly electric bill by cutting off the juice to every other light fixture in the hallways. The problem is, Oak Leaf Office is lighted by the same system. Now we're 100 percent behind Chief Spencer and his attempts to reduce the \$9,000 monthly utility bill at this hospital, but we're not willing to work by candlelight! There are other persons who "keep us in the dark" too, but in a different manner. If we are to publicize all the great stories that happen at this medical center, we need to know about them, preferably in advance. If you know of any event or happening that would make good Oak Leaf copy, give us a buzz at Ext. 2113.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



Congratulations! Becoming a petty officer is a big step in your Navy career. In addition to receiving higher pay (and certain privileges), you gain prestige, respect and the necessary authority to perform your duties.

With each advancement in rating, you accept an increasing responsibility in military duties and in matters related to your professional work. When you advance to petty officer, you will find a noticeable increase in your responsibilities for leadership, supervision, training, working with others and keeping up with new developments.

You will soon hear these words at your advancement ceremony but I would like to share them with you at this time: "Your appointment carries with it the obligation that you exercise increased authority and willingly accept greater responsibility. You are charged with demonstrating a proper example of performance, moral courage and dedication to the Navy and the nation. Your every action must be governed by a strong sense of personal moral responsibility in order that, by example and leadership, subordinates will contribute their utmost to the effectiveness and efficiency of the United States Navy."

Again, my congratulations to all of the newly-frocked petty officers. We are all very proud of you.

By HM1 Barbara Heep

You're part of a dynamic Navy, professional and excellent. It is a special way of life, where each member contributes something, serving our country in a very special way.

In emergency, turn to Navy Relief

When Petty Officer Smith received word that her father had been seriously injured in an automobile accident, she turned to her command and Navy Relief for help. Arriving at the Navy Relief Office with emergency leave papers in hand, she was given first priority. The interviewer, understanding the situation, assisted in every way possible. Navy Relief made the airline reservations, loaned the funds required, made sure she had transportation to the airport, and also arranged to lend her funds for personal expenses. In half an hour, Petty Officer Smith left the Navy Relief Office with her transportation arranged, all paid for, and with a feeling that someone cared.

The tragedy of serious illness or death in one's immediate family can strike any of us at any time. Whenever possible, the Navy and Marine Corps grant emergency leave at such times. Also, they normally provide transportation by military aircraft for the overseas portions of travel.

Within CONUS, however, Sailors and Marines usually have to rely on commercial air to complete their journey home swiftly, and air fares can cost hundreds of dollars more than a servicemember has on hand in time of emergency. Last year Navy Relief provided over \$1 million to help servicemembers or their spouses for these emergencies.

In administering this kind of help, Navy Relief basically uses the same definition of "immediate family" as the Navy and Marine Corps—mother, father, spouse, son, daughter, brother, sister, only living relative or person standing "in loco parentis." However, in recognition of the particularly close relationship of many individuals with their grandparents, Navy Relief also can assist a servicemember or spouse (although not both) with transportation costs within the United States in the event of critical illness or death of a grandparent.

When you need help like this, see your Navy Relief office. It's your own society and it's there to help you.

Emergencies have no regard for normal working hours. If such a situation arises at NAS Alameda outside of normal working hours, assistance from the Navy Relief Society may be requested by contacting the American Red Cross Emergency Duty Worker.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Friday, June 5, 1981

Oak Knoll remembered in Evergreen Park, Ill.

Thirty-two pairs of handknitted crutch pads arrived at the Naval Regional Medical Center Oakland Regional Medical Center the other day. Inside the mailroom the other day. Inside the package was a simple note with the brief message "Enjoy!" from Mrs. Blanche L. Sullivan, 3830 W. 95th Street, Apt. 208, Evergreen Park, Ill. 60642.

The crutch pads were sent to Orthopedic Service and are already in use by patients.

Why would a lady way back in the Chicago area do such an obvious labor of love for a hospital on the West Coast? There had to be a story behind it, so we pursued it.

We located Mrs. Sullivan by phone to learn that she has sent similar shipments of handknitted pads to this hospital for several years. "Why this particular hospital?" we asked. "Because my son-in-law, Rear Admiral

A.H. Dearing, selected the site for your naval hospital," she said. (A quick check of the history files also confirmed that Admiral Dearing was the commanding officer here from January 1944 to January 1947.)

Mrs. Sullivan said she would be doing more knitting for Oak Knoll when her health improves. It seems she lives alone and always keeps a bag packed for an unexpected trip to the hospital. Two weeks ago she thought she'd check its contents. The bag tumbled down and she lost her balance, suffering injuries that sent her to the hospital. Now using a walker and recuperating at home, she assured this writer that she has "three wonderful daughters taking care of me."

Why wouldn't they? It sounds like Mom is a pretty wonderful person herself. (BB)

Auxiliary spreads cheer with philanthropic funding

The Naval Regional Medical Center Officers' Auxiliary is this year contributing a total of \$3,700 to philanthropic projects.

A \$2,000 scholarship is being awarded the daughter of a Navy Hospital Corpsman. Second in her high school class academically, the young lady plans to enter Stanford University.

Three other scholarships of \$250 each are going to three other Navy dependents. Two of these will enter University of California Davis in the fall

and the third will attend University of California Berkeley.

The sum of \$200 each is being awarded the Navy Relief Society and the American Red Cross, while \$150 each is earmarked for the Pediatric Service children's program and the Psychiatry Service Children's Clinic.

Additionally, \$50 is being donated to the KQED educational television station, \$25 to the Knowland Park Zoo, and \$175 to the Las Trampas School for the handicapped.



MEMORIAL GIFT—Retired Navy Lieutenant Commander Henry B. Reasbeck (right) donates his late wife Dorothy's \$400 wheelchair to the Navy Relief Society via Naval Regional Medical Center Oakland where she was often a patient. Receiving the gift is Lieutenant (Junior Grade) Joel Libby. The value of the wheelchair will be included in the total contribution of the medical center to Navy Relief, and a metal plaque will be inscribed and installed on the chair in Mrs. Reasbeck's memory.



SHARED INTEREST—West German Rear Admiral Bert Richarz visited Naval Regional Medical Center Oakland on May 22 while enroute as a NATO observer for "Wounded Warrior I," a medical exercise in the Camp Roberts area. Dr. Richarz, whose normal position is Allied Command Europe Medical Advisor, SHAPE Headquarters, Belgium, is an internist particularly interested in blood and tissue banks. While on tour of the hospital he conferred with Lieutenant Commander Earl Martin (center) of Laboratory Service and Captain Warren Hodge, Regional Health Care Coordinator.

'Wounded Warrior' feature next issue

All of those from Naval Regional Medical Center Oakland who participated in "Wounded Warrior I," the huge medical exercise sponsored by the Army and California National Guard in the Camp Roberts area, have now returned to normal duties at Oak Knoll.

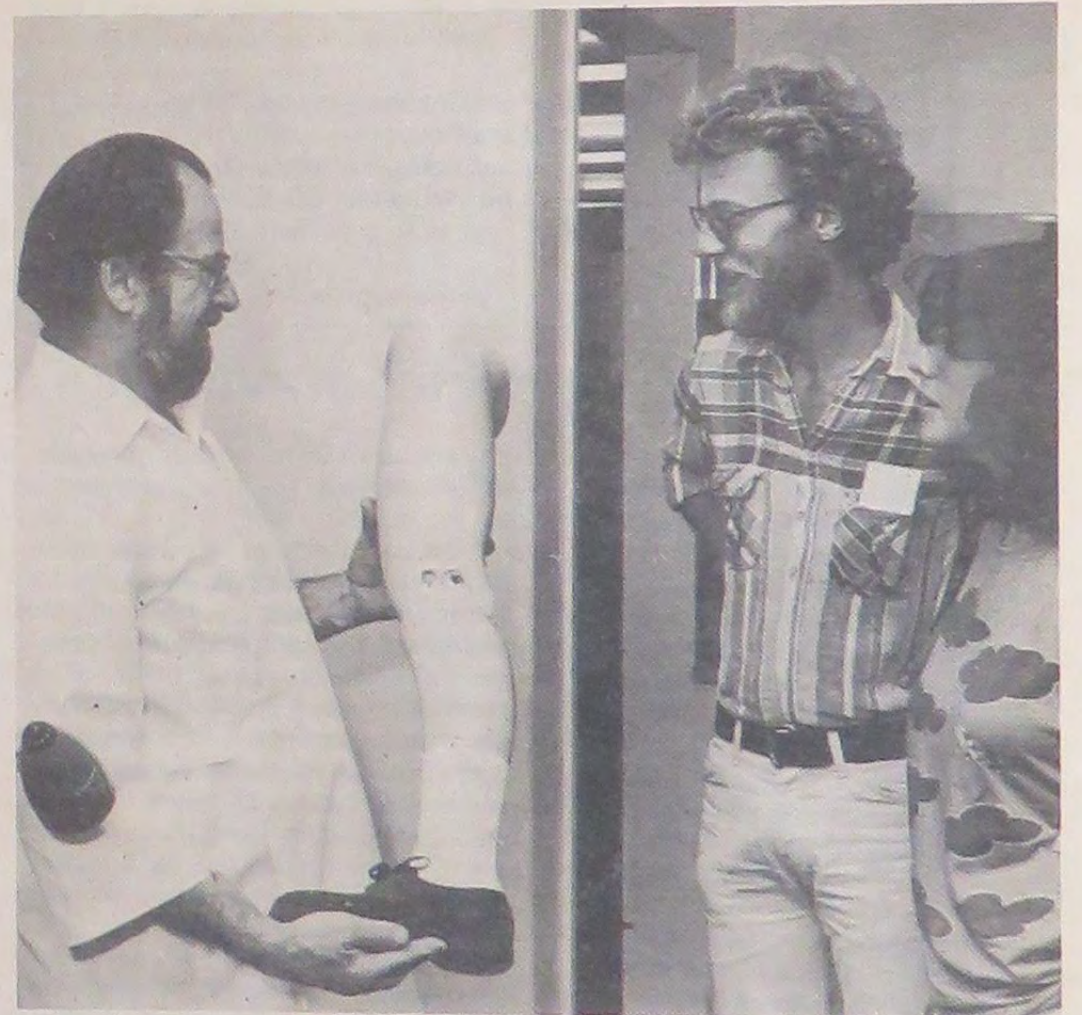
Due to the magnitude of the story and short deadline this issue for copy and photographs, the Oak Leaf feature describing this largest of all medical exercises since World War II is postponed until the June 19 edition.

Safety session slated June 11

Representatives of Nursing and Preventive Medicine Services will discuss "Handling and Disposal of Needles," and "Handling of Instruments that contain Mercury," during a special safety training session in the Clinical Assembly on Thursday, June 11, from 10 to 11 a.m.

Instruction will also be given on the proper handling of mercury spills.

All hospital personnel are encouraged to attend.



VISITORS FROM AFAR—Seppi (Joseph) Birrer and Renata Roosli of Lucern, Switzerland, paid a surprise visit to Naval Regional Medical Center Oakland on May 26. Mr. Birrer, an orthopedics technician, was particularly interested in our Prosthetics Laboratory and Phil Harkov obliged the couple with a tour of his facilities. Mr. Birrer reported that he had heard of our medical center from his Swiss chief of service who visited here several years ago with a team of international physicians.

Insignia prices up

A recent change in the law allows manufacturers to raise the cost of government-procured insignia sold in Navy Exchange uniform centers by 27.6 percent, effective June 1.

Items to be affected are those sold under yellow price tags and include rate marks, striker marks, rating badges, service stripes, cap insignia and buttons.

Within the Antarctic Circle

By Paul J. Lewandowski

Antarctica, as I've seen it, is the most beautiful and mysterious place I have ever visited.

My first greeting to the ice was a brisk temperature of 34 below zero. But soon afterward, I met with an even more chilling 98 degrees below, and "Herbi," the Antarctic blizzard with white-out conditions. Later I acclimatized, and was quite comfortable at 21 below.

The winds blow off the storms and the land becomes a magical kingdom. There are mountains in almost every direction. Each has a character all its own, including Mt. Erebus, a nearby active volcano. A visit to the ice caves is an early season must.



"VILLAGE OF MCMURDO"—Photo by HM3 Paul J. Lewandowski, OR Staff, NRMCC Oakland.

There was a wonderful cross section of interesting people there. From our hospital were Dr. Mike Johaneck, Amy Hirshinger and Christa Gagnon, in addition to me. In the chow hall (usually a better place for meeting people than meals) conversations could be had with any number of scientists—folks from New Zealand, Australia, Germany, Japan and all parts of the United States.

The isolation was stressful to all of us at one time or another. The almost constant missing of loved ones back home, births of sons and daughters, and in some cases, even deaths of family members, gave us a sense of loneliness. Holidays, from birthdays to Halloween to New Year's, were spent away from home. Christmas was especially hard on many people. But there is a closeness among the people here—the way they pull together, look out for one another—the friendly, caring interaction among people. This was very reassuring.

My time from October to early February was easy compared to the 70 men who will brave the cold, dark Antarctic winter. I leave behind two friends, Chief Hospital Corpsman Chris Swan and Dr. Lester H. Reed, a man who took the time and effort to teach me valuable lessons in medicine and compassion. I salute these men of strength.

The almost absolute quiet and stillness of the continent was indeed its most overwhelming attribute. Here I found great comfort.

The day finally arrived to leave the ice, but I was not totally overjoyed. I will miss the Antarctic because of its beauty, its power, its friendship. As many of the great early explorers returned to this place, even after great hardships, I too hope to go back one day.

Only to have been there can you know the spell it casts.

'Women in Ships' policies announced

The Commander in Chief, U.S. Atlantic Fleet in Norfolk, Va., has implemented significant policies relevant to the women in ships program. These policies will be part of prospective routine changes to the CinCLantFlt regulations, Enlisted Transfer Manual and other pertinent regulations—and are to reflect the following:

- **Ships and squadron permanent-change-of-station assignments.** Women may be permanently assigned to duty in hospital ships, transports, training ships, auxiliaries and service craft as listed in SECNAVINST 1300.12. Women may also be permanently assigned to squadrons to perform training or support billets in shore-based combatant aircraft squadrons that do not require them to participate as crew members in combat missions.

- **Shipboard temporary-assignment-duty.** It is now policy that women be assigned TAD to ships in pairs. However, there is no longer the requirement, when enlisted people are assigned, for at least one to be an E-4 or above. Fleet commander in chief and fleet commander approval of TAD is required in all cases of such assignment aboard forward deployed units.

Commanding officers of ships to receive women TAD will be consulted before an assignment is made to ensure that suitable, secure and private

accommodations are made available; CO certification will indicate that this criteria has been met.

- **Assignment of pregnant Navy members.** Pregnant women eligible for shipboard duty will be deferred from shipboard assignment during pregnancy and for six months after childbirth, unless the individual volunteers for an earlier return to shipboard duty. Women whose pregnancies are terminated before childbirth may be reassigned to shipboard duty. Women who become pregnant while assigned aboard ship will be reassigned to shore duty as soon as practicable.

Detailed information about these policies may be obtained through the Personnel Support Detachment. (NES)

Come to supper

All military members and their dependents are invited to a 4 p.m. "Sunday Supper" on June 14 at the San Francisco USO Center, 530 Taylor Street.

All the home-cooked food is being prepared by the Women's Overseas Services League as a demonstration of their support and admiration for the military in the Bay Area.

What civilians may expect when it's time to retire

Each year, approximately 100,000 employees retire from Federal Service. Getting them on the retired rolls, and then insuring that monthly checks go out on a continuing basis is a prime responsibility of the U.S. Office of Personnel Management (OPM). Since there are over 1.2 million retirees and 300,000 survivor annuitants, it's obviously a big job. And, without question, to retirees an important one.

If you're thinking about retirement, a review of the process should be of interest. It will give you an idea of what to expect, and some hints on ways you can help make the system work.

Once an employee retires, it takes about a month for the employing agency to close out all records and send them to OPM in order to get the annuity process rolling.

OPM assigns an identifying CSA number to each case upon receipt of records, and informs the annuitant. Until you receive this number, any queries should be directed to your former agency.

So that new retirees are paid as soon as possible, OPM usually places them in a special pay status (partial payment of final annuity) usually about 10 working days after receiving records and it is clear that an annuity is in order.

If for some reason it takes partial payment longer than from four to six weeks to begin (after receiving your CSA number), and a personal hardship exists, contact OPM. If no hardship is involved, it's a good idea to wait a while longer before querying OPM. To make a query, you'll need to use your CSA number, or date of birth and social security number.

Under normal circumstances, partial payments last from two to three months until the final rate of pay is established.

There are, however, circumstances which can complicate timely receipt of payments. Peak periods in the workload, and delays within agencies due to incomplete records are just a few of the possible snags in the process.

In an effort to avoid some of the

delays we suggest the following:

- **File an Application for Retirement, SF-2801, at least two weeks before the planned retirement date,** thereby giving the agency a better lead time.

- **Review your Official-Personnel Folder at least a year ahead of time** to make sure it is complete and all is in order.

- **If military service is involved,** make sure to include a copy of your DD-214 Military Discharge Certificate (or other equivalent document) along with your retirement application.

- **Make sure that post-retirement life and health insurance and survivor benefits are protected by completing the necessary papers before you leave.**

If you have drawn money out of the Retirement Fund at some point, OPM will give you the opportunity to make full redeposit during the processing period. Until the redeposit is paid in full, special payments will be authorized without credit for the redeposit service.

After the processing period ends, retirees are sent an Annuity Statement which explains regular monthly payments and when to expect them.

If a check is not received within a few days after it is due, a retiree should contact the local Post Office to see if it has been misdelivered. If the Post Office can't find it, notify OPM. Since a signature is needed to stop payment and assign another check, your notification must be in writing. Clearly label the mailing envelope "NON-RECEIPT OF CHECK" which will help speed up the process. OPM immediately notifies the Treasury Department which will stop payment on the lost check and issue a replacement.

Incidentally, by far the biggest reason for non-delivery of retirement checks is failure on the part of the annuitant to notify the Post Office of a change in address. OPM routinely processes about 40,000 changes-of-address per month. One way to avoid this problem is to have your annuity check directly deposited to a bank or other financial institution.

New civilian retirees get less

Public Law 96-499 signed by President Carter on Dec. 5, 1980 makes two major changes in the manner in which new retirees receive federal civil service cost-of-living increases.

The Omnibus Reconciliation Act of 1980 affects both the "look back" and "look ahead" features of applying cost-of-living adjustment (COLAs) for these employees.

Essentially, the law has eliminated the "look back" provision for anyone retiring after Jan. 18, 1981. In the past, this provision allowed employees to retire after the date of a COLA without losing the full benefit of the increase.

In addition, the new law says that COLAs will now be prorated based on the number of months an employee is actually retired during an adjustment period. This change is effective back to Sept. 29, 1980. Under law, federal

retirees receive a COLA every six months, March and September of each year.

Until now, new retirees could be on the rolls one day and still get the same increase as an annuitant on the rolls for six months prior to the COLA. This is what amounted to the so-called "look ahead" feature.

The new system of prorating COLAs based on how long the annuity has been payable began with the adjustment due in March 1981. For each month or part of a month in which the annuity was payable, one sixth of the increase was given.

Since the retirement system is based on a 30-day month, employees need to retire by the 29th day of a month in order to receive credit for the full month.



FLAG DAY 14 JUNE

The Fleet Reserve Association, Branch and Unit 10, invites all military and civilian personnel of this command and their families and friends to attend a Flag Day program at 1 p.m., Sunday, June 14, at the San Leandro Community Library Center, 300 Estudillo Street.

Traditional ceremonies are planned to honor "Old Glory."

Friday, June 5, 1981

Upward Mobility Program an aid to certain workers

Ever heard of "Upward Mobility?" Most people have, but few fully understand the Upward Mobility Program. This systematic management effort focuses federal personnel policy on the development and implementation of specific career opportunities for lower-level employees (below GS-09 or WG equivalent) who are in positions or occupational series which do not enable them to realize their full work potential.

Upward Mobility programs are essentially staffing programs which are designed to develop the skills, knowledge, and abilities of employees to enable them to qualify for target positions. Persons selected for such programs may, where appropriate, be

entered into agency-funded training and education programs.

This program mainly affects lower-level employees. Since there are large concentrations of minority and female employees at those levels, it can be expected that numbers of such employees will be found who have the potential for advancement. It must be kept in mind, however, that these programs are to assist employees to advance to positions commensurate with their potential, regardless of their race, color, religion, sex, age, national origin or handicap.

Managers interested in exploring the developing Upward Mobility positions should contact Civilian Personnel or the EEO Office.

58 staffers selected to LCDR

The following 58 officers of this command have been selected to the grade of Lieutenant Commander. Most, but not all, have been frocked as of this writing.

Medical Corps Officers: Henry George Adams, Charlotte E. Alexander, Michael E. Abel, Dorrit E. Ahbel, Rise Lavonne Barkhoff, George B. Batten, Robert S. Baxley, David Casey Barton, Kristine Witmer Batten, Stephanie Kay Brodine, Terry E. Burris, Antonia C. Chalmers, Pepita C. Cuervo, James William Dickey I, Paul W. Esposito, Peter F. Fern, William H. Flittie, Keith R. Gabriel, Kim S. Hamelberg, Therese Marie Hickey, Jeffrey J. Jandl, Michael F. Johaneck, John Wesley King, John C. Kirby, David G. Logston, Lawrence K. Marlin, Joseph F. Mayo, Jr., John Matthew Mateczun, Michael Odell, Joseph N. Ragan, William B. Rogers, William G. Runyon, Lawrence T. Smith, James A. Tagle, William Henry Taylor, Joseph M. Tedesco, Warren G. Tucker, Ellsworth Weatherby II, Steven L. Weighall, David

M. West and James R. Wilson.

Medical Service Corps Officers: Melvin T. Baxter, Russell Owen Bond, Richard Burt Oberst, Gordon H. Poppell, Patrick Allen Shannon, Ronald Warren Straub and Ronald Andre Warcholak.

Nurse Corps Officers: David J. Becker, Pat Froelichmaleniecki, Louise Rosemary George, Clinton Elbert Lambert, Arnold Earl Mattis, Patricia Murphy Lauermann, Kathleen A. Renkiewicz, Essie Mae Rucker and Melodie Cook Tyler.

Arizona reservists train at NRMCO

Members of Medical Contingency Response Unit 1019 were here on two weeks active duty training, May 15-29. MEDCRU 1019 is based in Tucson, Ariz., and holds its monthly training exercises at Davis-Monthan Air Force Base with groups of the unit going to ambulance services in Tucson and Department of Public Safety helicopters.

The group has previously trained at 29 Palms where they had desert warfare training, Camp Pendleton, where they reviewed Field Medical School, and at NRMCO San Diego. The corpsmen in the unit must have both sea duty and duty with the Marine Corps to be eligible.

Commander Arthur Kunz, Doctor of Emergency Medicine and Officer in Charge of the unit, worked here in the Emergency Room along with HM2 John J. Smith, also of his unit.

Also with the unit were 13 other persons whose specialties range from Obstetrics to Ophthalmology. They are LCDR Marianne Yoder, LCDR Stanley L. Levin, LT Frank C. Sharp, HMC Gregory Herman, HMC Donald F. Harders, HM1 William A. Bergier, HM1 Winfred C. Barnes, HM2 David G. Poedel, HM2 Benjamin Reyes, HM2 Debbie G. Fletcher, HM2 Susanna Barbon, HM2 Robert LeBlanc, and HM3 Guy E. Wilber, most of whom also work as civilians in similar fields.

Machine operator needed in Laundry

Applications will be accepted through Monday for the job of Laundry Machine Operator in the Laundry Branch of Operating Management Service at Oak Knoll.

The position is a WG-4, paying \$8.04 to \$9.37 per hour.

Those interested may obtain further information by calling Nita Quiro, Civilian Personnel Service, Ext. 2116.



MUTUAL CONGRATULATIONS—Sara L. Knight (left) and Jacqueline Thomas exchange congratulations on their selections as Upward Mobility candidates. They competed successfully under the medical center's merit promotion program for positions as Purchasing Agents, GS-1105-5, with career potential to GS-1105-7 levels. Sara, who has been a GS-301-5 secretary in ENT, is taking a lateral to Supply for career potential, while Jacqueline, already employed by Supply in the purchasing program as a GS-1106-4, will receive an immediate one grade promotion.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Commander George M. Grunert, Medical Corps, released from active duty.

Lieutenant Commander Floyd Ellison, Chaplain Corps, to First Marine Wing.

Lieutenant Steven Louie, Nurse Corps, released from active duty.

Lieutenant David Gustafson, Medical Service Corps, to Iwakuni, Japan.

Lieutenant Geraldine Wagner, Nurse Corps, to Naval Hospital Lemoore.

Commander Joseph Lombardo, Medical Corps, released from active duty.

Lieutenant Commander Kathryn Burns, Nurse Corps, to NRMCO Philadelphia.

Hospitalman Recruit D. Choothesa, Pharmacy, to Pharmacy School, San Diego.

Hospitalman Amelia (Hanson) Stockman, Pharmacy, honorably discharged.

Hospitalman Lynette Dumas to Academy of Health Sciences, Ft. Sam Houston, Tex.

Hospitalman Recruit Debra Monroe, Eye Clinic to NRMCO Clinic, FPO Seattle.

Hospitalman Cynthia Villalva, Cardiac Care, to Branch Clinic, San Miguel.

Hospital Corpsman Third Class Patricia Paccione, Military Manpower Service, to Urology School, San Diego.

Hospitalman Annette Goodwin, Neurosurgery, to Naval Aerospace Medical Institute, Pensacola.

Hospital Corpsman Second Class Robert German, Nuclear Medicine, to USS HURLEY.

Hospitalman John Otto, to Chesapeake, Va.

Hospitalman Josee Lord to Pharmacy School, San Diego.

Hospital Corpsman First Class Claudia Jones, Patient Affairs, to Arlington Annex, Va.

"Welcome Aboard" to newly arrived:

Lieutenant Jean Thurber, Nursing Service.

Lieutenant Commander Nancy Maggi, Nursing Service ACDUTRA.

Lieutenant Commander Janiece Nolan, Medical Service Corps, ACDUTRA.

Captain Marlin D. Seiders, Chaplain Corps, Pastoral Care Service.

Lieutenant Diane Capri, Nursing Service, ACDUTRA.

Lieutenant (Junior Grade) Charles English, Medical Service Corps, Laboratory.

Hospitalman John Aldrich, Military Manpower Service.

Ensign Sergio Arellano, Nursing Service.

Ensign Vito Almaraz, Primary Care.

Hospital Corpsman Second Class Charles Booker, Laboratory.

Hospitalman Toren Brown, Nursing Service.

Hospital Corpsman Third Class Richard Campos, Inhalation Therapy.

Aviation Structural Mechanic Second Class Robert Eaton, Operating Management.

Hospital Corpsman First Class Danny Gray, X-Ray.

Hospitalman Alfred Harrison, Nursing Service.

Chief Hospital Corpsman Gregory Hermon, Cardiopulmonary Lab.

Chief Hospital Corpsman Donald Harders, Pharmacy.

Hospitalman James Holly, X-Ray.

Hospital Corpsman Second Class Patricia Jones, Neurosurgery.

Hospital Apprentice Donald Lutrick, Anesthesiology.

Hospital Corpsman Second Class Robert LeBlanc, Pharmacy.

Hospital Corpsman Third Class Suzanne Lavrich, Operating Room.

Hospitalman Barbra Miller, Nursing Service.

Hospitalman Recruit Mildred Olsen, Nursing Service.

Hospital Apprentice Matthew Oswald, Nursing Service.

Hospital Apprentice Zebada Poage, GI Lab.

Hospital Corpsman Second Class David Poedel, Outpatient Department.

Hospital Apprentice Paul Reid, Operating Management.

Hospital Corpsman Third Class Tammy Scheel, Inhalation Therapy.

Hospitalman Mario Sanabria, Cardiology.

Hospital Corpsman Third Class Matthew Schubert, Nursing Service.

Hospitalman David Segura, Nursing Service.

Hospitalman Keith Session, Nursing Service.

Kudos

NAVY COMMENDATION MEDAL

To Medical Corps Commander Ramon Yaldua, Moffett Branch Clinic, for service as Senior Medical Officer, Naval Station Dispensary, San Diego.

SPECIAL ACHIEVEMENT AWARDS SUSTAINED SUPERIOR PERFORMANCE

To Ocie Buckner and Jennie Rowden, civilian employees, Nursing Service.

PROMOTIONS

To Commander, Medical Corps, Earl Harley.

To Lieutenants (Junior Grade), Nurse Corps: George Bachman, Kathleen Madigan, Margaret Laudolf and David McManaway.

LETTERS OF COMMENDATION

Commander Joseph Lombardo, Medical Corps, detached.

Commander George M. Grunert, Medical Corps, detached.

Lieutenant Steven Louie, Nurse Corps, detached.

Lieutenant David Gustafson, Medical Service Corps, detached.

LETTERS OF APPRECIATION

Lieutenant Commander Floyd Ellison, Chaplain Corps, detached.

Lieutenant Commander Kathryn Burns, Nurse Corps, detached.

Hospital Corpsman First Class Claudia Jones, Patient Affairs, transferred.

REENLISTMENTS

Hospital Corpsman Second Class Linda Boris, Psychiatry.

Hospital Corpsman Second Class Alexander Peralta, Pharmacy.

Don't be

Tempest

Picture a tea kettle sitting on your stove—as it builds up force before it whistles, you can almost sense the pressure mounting. Then it “lets off steam” by blowing its whistle.

People build up steam by keeping emotions bottled inside. Then they, too, need a way to let off the steam. Otherwise, the tension can create too much pressure—and that's unhealthy.

Sometimes it helps to sort out these pent-up feelings with someone who has had some special training.

How can “just talking” help you solve your problems? When you talk to someone who has helped others with



in teapot

similar problems, that person is able to see the patterns in your life that have led to your unhappiness. In therapy, the job is to help you recognize these patterns. And then it's up to you to try to change them.

Keep in mind that a therapist does not have to be a psychiatrist. Social workers, psychologists, group workers and others have been specially trained to help people solve emotional difficulties.

For more information, send for a free copy of a *Guide to Mental Health*. Write to Consumer Focus, Pueblo, Colorado 81009.

Booker returns to Navy duty

Hospital Corpsman Second Class Charles A. Booker was honorably discharged from the Navy last December. Four months later he rejoined the service and is now assigned to Laboratory Service at Naval Regional Medical Center Oakland.

“Although I was making good money as a salesman,” he said, “by the time all the deductions were taken out, there was little left.” He said he reenlisted primarily to earn military retirement and to provide security for his family.

Petty Officer Booker has 10 years service in the Navy. He has held billets at Bethesda, Md.; Portsmouth, Va.; Roosevelt Roads, Puerto Rico; New London, Conn.; and Great Lakes, Ill. He reenlisted in late March at the Navy Recruiting District, Washington, D.C.

Our patients write...

I would like to take this opportunity to commend and thank your Obstetrics staff for the excellent care received by my wife... during hospitalization at the Oakland Naval Regional Hospital.

Most especially we would like to thank Doctor J. M. Tedesco, the physician who treated my wife during our assignment to California and who performed surgery... (he) thoroughly explained my wife's medical situation and surgical options to us; he made himself available for appointments that fit our schedule and he took time to discuss my wife's condition with the staff at West Point, my new assignment.

In the 10 years that I have been an officer in the Armed Forces, Doctor Tedesco has been, by far, the most considerate and competent physician whom my family has had the opportunity to encounter. It has been our good fortune to have been treated by Doctor Tedesco; it is the Navy's good fortune to have him on its staff.

We are also favorably impressed with the services of your GYN Problem Clinic, due in large part to the efficiency and efforts of Ms. Gladys Lowe...

Gordon S. Dietrich

Captain, Infantry, U. S. Army

...

I want to express my thanks and appreciation to the personnel at Oak Knoll naval hospital for the courtesy and consideration given to me both as an outpatient and an inpatient during my recent illness.

Names of all personnel concerned are too many to mention. However, I wish to give special thanks to Doctor Mischer for her concern and help while seeing me as an outpatient; to Doctor Espiritu and Doctor Hartman for their help and understanding while I was an inpatient; and to all personnel on nine south for their courtesy and attention to my needs while I was hospitalized, 18-24 March.

During the past 10 years that I have had occasion to use Oak Knoll I have always found its personnel to be pleasant, helpful, and efficient. I feel very fortunate to have a hospital such as Oak Knoll with its facilities and personnel available to me.

HERMAN F. SHUE

CMSgt. USAF, (Ret.)

Milpitas

The latest thing in auto safety

By Capt. Gregory Konrad

I'm sick and tired of those seat belt commercials. Never in my life have I seen a worse way to get people to do something. Telling folks that if they don't buckle up, they can kill themselves or get permanently injured is enough, but having policemen issue tickets to people who don't buckle up is worse. Yet, the most outrageous gimmick I've ever heard about involved pizzas being awarded as prizes to drivers who used seat belts. What I want to know is, what happens if there is a mozzarella cheese shortage—will sinister forces block tomato puree just to escalate the highway death toll?

Obviously, the creators of these ridiculous schemes don't know much about people's behavior, otherwise they would have made an effort to put seat belts into proper perspective. The fear of death, paralysis and the protection of loved ones are old dismal attempts to make people use their seat belts when driving.

What I propose is an all-out campaign to make using seat belts irresistible.

Remember when adults only wore jeans when they rode horses or worked under cars? Now everybody wears jeans everywhere because some genius autographed millions of posteriors with a famous name. Where would jeans be today without tattooed names of famous designers? Conversely, where would jeans be if the ads boasted “guaranteed not to chafe,” or “these jeans support tired calves”—probably still over horses and under cars. What was done for jeans needs to be done for seat belts.

Imagine men at the rod and gun club talking about the latest macho lap belt. It has .38-caliber shells on the buckle and is autographed by the editor of the famous sports magazine. Or how about ladies discussing the latest fashion belt with silver inlaid initials?

Other innovations could include custom seat belts for special interest groups. Sports car enthusiasts could have the make of their cars stenciled onto the shoulder harnesses, and sky divers could use ripcord “D” rings as belt releases. Weather forecasters could even have little pockets on their seat belts, just in case flipping a coin is needed to help make a tough weather decision. With all of these irresistible features, nobody would be caught dead (pun intended) with seat belts dangling from behind his or her seat.

Just as the industrial revolution took awhile to start rolling, the same is apt to hold true for the seat belt revolution. But for the person who is really fashion-minded, matching mud flaps could be sold separately.

Military alcohol, drug abuse receives new DoD attention

The issue of alcohol and drug abuse in the military is receiving renewed and specific emphasis. During 1980, a comprehensive Pentagon-commissioned survey of 15,000 military persons in all paygrades at 81 installations worldwide, provided critical information the services intend to use in order to bolster their alcohol and drug abuse programs. The Department of Defense promises to repeat the survey at regular intervals to keep tabs on the alcohol and drug trend.

Drug abuse regulations set

Directed at active duty military persons and DoD civilians, the Defense Department has released an alcohol and drug abuse policy that also concerns drug abuse paraphernalia.

According to DoD Directive 1010.4, the goal of the Department of Defense is to halt:

—The effects of alcohol and drug abuse.

—Possession of and trafficking in illicit drugs by military and DoD civilian members.

—Possession, use, sale or promotion of drug abuse paraphernalia—including materials of any kind used in the growing, packaging, inhaling or other use of a controlled substance.

The instruction also states that persons dependent on alcohol or drugs will not be enlisted into the military services if that dependency impairs job performance.

Also, it is DoD's policy to detect alcohol and drug abuse within the armed services and defense communities, as well as uncover drug trafficking on DoD installations and facilities. In addition, the directive prohibits the possession or sale of drug abuse paraphernalia on Defense Department property.

Commanding officers are directed to assess the availability of drug abuse paraphernalia in the vicinity of defense installations. When such availability is considered a threat to the discipline, health, welfare or morals of service members, commanders will take appropriate action through the armed forces disciplinary control boards.

The directive also states that there will be educational programs in all aspects of substance abuse for military members, civilian employees and their families.

Alcohol and drug abuse will be treated, counseled and rehabilitated to the maximum extent possible. But when an individual cannot or will not be rehabilitated, he or she will be disciplined and/or discharged in accordance with the appropriate laws, regulations and instructions.

With an emphasis on preventive education, alcohol and drug abuse programs continue to be among the Navy's top priorities.

The primary goal of the Navy's Alcohol Education Program is to provide basic methodologies for the line management of drug and alcohol abuse control programs, and to provide educational materials and personnel support to help each Navy command establish effective drug and education action programs.

Through a combination of factual information, education on improved personal decision-making, an attempt by all levels of command to identify the basic needs underlying drug use and the development of action plans to meet those needs, Navy commands should be able to lessen the drug abuse program and increase operational and organizational effectiveness.

An alcohol and drug abuse education program is the responsibility of each command. To help commands develop effective drug education action programs, a multiphase educational assistance program package has been developed for all ships and stations as part of the General Military Training Program.

The Deputy Chief of Naval Operations for Manpower, Personnel and Training (OP-01) is the program sponsor. In addition, the Chief of Naval Education and Training is developing specialized training for selected persons in alcohol and drug programming.

Identification of abusers

Alcohol abusers are usually identified and referred by someone close to the abuser who recognizes the problem. In the case of drugs, most identification comes from law enforcement and investigative efforts, and the exemption and urinalysis programs.

Persons voluntarily seeking help for drug problems under the exemption program account for 12 percent of the identified cases, while the others are discovered through CO-directed urinalysis.

Navy substance abuse programs range from outpatient individual counseling to inpatient treatment of high-dependency drug abusers.

In the past, the Navy discharged alcohol or drug abusers. Today, through the help of command counseling and assistance centers, the Naval Drug Rehabilitation Center in Miramar, Calif., three alcohol rehabilitation centers, 24 alcohol rehabilitation services and the Navy Alcohol Safety Action Program, many “dependent” sailors have been successfully returned to active roles in the fleet. (NES)

Friday, June 5, 1981

THE OAK LEAF

the Military Family

Many questions arise throughout a military career about the effect of the military way of life on children and families. This is one of a series of articles that will address itself to "The Military Family." Author of the series is CDR Eli Breger, (MC), USNR, who is currently Chief, Psychiatry Service, Naval Hospital, Beaufort, S.C. If you have a question that you think would be of interest to military families around the world, you may write to Dr. Breger, c/o American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209. Questions of general interest will appear in later issues of this series.

Question: Quarreling characterizes our marriage. We worry about its effects on the children and hope our love for them will be a protective edge. What will the likely impact be?

Reply: Marital conflict is at the very minimum deeply disturbing to children. It creates a core of chronic insecurity in the family which often is the forerunner of disturbed emotional development in the offspring. The implications are of such a magnitude that couples in chronic disharmony should pay heed to them, seriously consider the plight of their children, and make very sincere, sustained efforts to work through the marital difficulties.

The effects of marital discord on children are better understood after studying the impact in the light of childhood development. The process of growth and development is truly difficult. The stresses of marital discord increase the risk of emotional disturbance in children who are most vulnerable at key development phases. An anxious and unhappily married mother is often a poor partner in the important relationship with her children. She tends to relate closely and offer love, physical affection, and empathy.

An unsatisfactory early period of mother-child unity may give rise to arrested development in the infant with clinical symptoms emerging, such as eating and sleeping disturbances.

Further along the road, when the baby is about 18 months of age, the parents work on toilet training and other socialization demands. If the child senses in the mother tension and lack of a calm, consistent negotiating attitude with him or her, the child is prone to respond with negativism and resistance.

Toward the beginning of school age, a child's sexual identification with the parent of the same sex is impaired should he or she perceive that parent is disliked and criticized by the other. When that child gets older, he or she may be thrown into deep inner conflict because he or she cannot successfully integrate his or her internal identifications into a harmonious and self-accepting whole because of the parental images that are filled with conflict, criticism, and hostility.

Discord in itself does not invariably lead to childhood disturbance, but it clearly increases the risk.

Here are several suggestions for minimizing the impact of marital discord on children:

- Because children are invariably frightened and confused by arguments, it is in their best interests to avoid arguing in front of them and to delay heated discussions to a private time.

- With disagreements, let the goal be "working something out" rather than destructive rage for the sake of hurting. In arguing, hold to the issue and maintain a current focus; do not raise past disappointments and vent blind anger at the total person.

- Should children witness frequent parental disturbance, it is wise to reassure them that they are not to blame and the problems are between the parents.

- Every marriage besieged by quarreling which does not get better with time warrants a try at marital counseling by a trained professional.

- Finally, divorce may be the only solution. To remain together alienated from one another and "out of love" but because of economic need, personal dependency, fear of loneliness, or concern about the consequences on the children leads only to an "emotional divorce." This also has serious effects on the children's personality development.

Red Cross training in aquatics, first aid

If you are 17 years of age or older, a better than average swimmer and physically fit, you are eligible to sign-up at one of the famous "Red Cross Aquatic and Small Craft" training schools conducted every spring and summer by the national organization.

The schools, which are designed to train people as instructors in Red Cross aquatics and first aid, are being held in some 30 locations nationwide, including three locations in the west—at Laramie, Wyo; Seattle, Wash. and Silverton, Ore.

JoAnne Wright of Pleasanton, Chairman of Aquatics for the Oakland/South Alameda County Chapter, pointed out, "Most of the schools are scheduled in May and June to allow aquatic and boating instructor candidates to take training before summer activities."

She added, "First aid instructor candidates are not required to have swimming ability, but must meet fitness requirements. However, swimming instruction may be available to these students if desired."

According to the curriculum outline, lectures, seminars, and practice sessions in teaching techniques will be

held in basic swimming; adapted aquatics (swimming for the disabled); basic, standard and advanced first aid; and cardio-pulmonary resuscitation.

For further information regarding curriculum, and registration fees, those interested should contact their local chapter of the American Red Cross, or write directly to American Red Cross, National Headquarters, 18th and E Sts., N. W., Washington, D.C. 20006.

Farewell luncheon set

Reservations close today for the NRMCM Officers' Auxiliary Farewell Luncheon, to be held June 10 at 11:30 a.m. in the Oak Knoll Officers' Club Courtyard.

The event will honor members soon leaving for new duty stations or retirement. The program will include presentation of certificates to those leaving, awarding of the Woman of the Year, and introduction of the 1981 Scholarship Award winners.

The luncheon costs \$5.75 each and reservations should be made today with Nancy Harris, 582-9463, or Nancy Brown, 982-0977.



SENDOFF—Shortly before Nurse Corps Lieutenant Nancy Hoffman (rear center in light blouse) departed for new duty at Subic Bay, the staff on Ward 8 South gave a farewell party in her honor. The social was held at the home of Lieutenant Commander Michael W. Meriwether of Neurosurgery. (Photo courtesy of Commander Arthur B. Klieforth)

Cull, Chabot, Redwood parks to be improved

The swimming lagoon at Cull Canyon Regional Park near Castro Valley will be open for an abbreviated swim season this summer.

At a recent Board of Directors meeting, the district appropriated \$59,000 to restore the lagoon, beach and lawn areas to their original beauty following an aborted attempt to build a waterslide last year.

If restoration goes as planned, the swim lagoon will be open for a shorter-than-normal season, running from July 3 through Sept. 7. Swimming will be permitted Wednesday through Sunday, giving district crews Monday and Tuesday (traditional low-use days) to work on repairs unencumbered by crowds.

Part of the repair costs will be absorbed by a \$13,000 contribution from Columbia Associates, developers of a housing community bordering the park. They also offered to help finance a jogging trail and to give the district an additional 265 acres, bringing the size of this "jewel-like" park to 365 acres.

Cull Canyon residents previously protested the waterslide. It was subsequently moved to Shadow Cliffs Recreation Area where it opened April 15.

Unlike a young man's fancy, springtime for a park district usually means repairs. That's exactly what's happening in Redwood Regional Park and Lake Chabot.

The picnic meadows at Lake Chabot Marina will be closed until mid-July while the area undergoes a major overhaul which includes nearly doubling the picnic area and building a 103-car overflow parking lot. When the area reopens in July, picnickers will find three new irrigated meadows, lush green lawns, and permanent family and new group picnic sites which people can reserve. There'll be a handsome new boardwalk, more landscaping with native trees and grasses, and a new water system.

The hiking trails around the reservoir and the marina complex—the concession stand, boat dock and reservoir—will be open the entire season.

At Redwood Regional Park, crews are already removing trees at the park entrance and soon will begin work on the new water system, irrigated play meadows and new group and family picnicking spots.

This 2,229-acre park will be closed from July 6 to late October to complete the grading, trenching, paving and landscaping. Entry points along Redwood Road, Pinehurst Road and Skyline Boulevard will be open to hikers and horseback riders. (EAST BAY REGIONAL PARK DISTRICT)

Safety offers barbeque tips

Summer is barbecue season—a time for socializing in the backyard and enjoying the flavor only charcoal grilling can give.

The medical center Safety Office offers these tips so "that the only thing that gets burned is the meat"—

- When using a portable grill, be sure it is stabilized so that it will not tip over.

- Never use a charcoal grill indoors (including garages). Burning charcoal gives off toxic fumes which can be fatal.

- Use only starter fluids intended for lighting charcoal. Never use gasoline, naphtha or any other flammable substance.

- Use long-handled utensils for cooking.

- Wear a long apron to protect clothing. Use oven mitts to protect hands.

- Never add liquid starter fuel to a burning fire.

- Keep water or a fire extinguisher handy.

- When finished cooking, hose down the fire.



The following recent additions to the medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Lieutenant Commander Thomas J. Tomzak, OB/GYN Service, and his wife Eileen, May 14.

A baby boy to Ensign Denise Quist, 8 West staff, and her husband Randy, May 15.

A baby boy to Hospital Corpsman Third Class Teresa M. Sisney, Alameda Branch Clinic, and her husband Ric, May 17.

A baby boy to Disbursing Clerk/Seaman Myrna Colon, Personnel Support Detachment, and her husband Robert, May 25.

A baby boy to Hospitalman Laura Davis, Operating Room, and her husband Hospital Corpsman Third Class Kornell Davis, Staff Education, May 26.



WET AND WILD—Several members of the Oak Knoll staff spent two days rafting on the Stanislaus River in mid-May. Among those were Brian and SueAnn Contemessa, Mary Cornell, Chuck Spielman, Cathy Hans, Michelle Willis, A.B. and Ingrid Kliefoth, Susanne Norton, Bonnie Potter, Marti Sherrard, Lance and Dana Martin, Mark Dawson, Ted and Ann Heyneker, Doreen Tryon, Stephanie Brodine, Dennis Amundsen, Jim Pitts, John Leshner and Rob Shurley.

(Photo by Chaplain Leshner)

MOVIES

Friday, June 5, 6:30 p.m.—**THE ELECTRIC HORSEMAN**—Robert Redford, Jane Fonda—Drama/PG
 Saturday, June 6, 1 p.m.—**SLEEPING BEAUTY**—Animated—Fairy Tale/G
 Saturday, June 6, 2:35 p.m.—**CRIME BUSTERS**—Bud Spencer, Terence Hill—Comedy/PG
 Sunday, June 7, 6:30 p.m.—**PROMISE IN THE DARK**—Marsha Mason, Ned Beatty—Drama/PG
 Monday, June 8, 6:30 p.m.—**SLEEPING BEAUTY**—Animated—Fairy Tale/G
 Tuesday, June 9, 6:30 p.m.—**THE ARISTOCATS**—Phil Harris, Eva Gabor—Musical/G
 Wednesday, June 10, 6:30 p.m.—**SURVIVAL RUN**—Peter Graves, Ray Milland—Drama/R
 Thursday, June 11, 6:30 p.m.—**THE SEDUCTION OF JOE TYNAN**—Alan Alda, Meryl Streep—Drama/G
 Friday, June 12, 6:30 p.m.—**THE BLACK STALLION**—Mickey Rooney, Kelly Reno—Drama/G
 Saturday, June 13, 1 p.m.—**THE CAT IN OUTER SPACE**—Ken Berry, Sandy Duncan—Comedy/G
 Saturday, June 13, 2:35 p.m.—**PATRICK**—Susan Penhaligon, Robert Helpmann—Horror/PG
 Sunday, June 14, 6:30 p.m.—**KING ARTHUR THE YOUNG WARLORD**—Oliver Tobias, Jack Watson—Drama/PG
 Monday, June 15, 6:30 p.m.—**THE FISH THAT SAVED PITTSBURG**—Julius Erving, Jonathan Winters—Comedy/PG
 Tuesday, June 16, 6:30 p.m.—**INSIDE MOVES**—John Savage, David Morse—Drama/R
 Wednesday, June 17, 6:30 p.m.—**MY BLOODY VALENTINE**—Paul Kelman, Lori Hallier—Drama/R
 Thursday, June 18, 6:30 p.m.—**NORTH DALLAS FORTY**—Nick Nolte, Mac Davis—Drama/R

Jogging without "huffs, puffs"

When a lot of us think of jogging, we think of exhaustion. We picture "charley horses" and blisters. We envision hour upon hour of glazed-eyed, red-faced clump-clump-clumping along, neck veins bulging, desperately gasping for AIR.

It doesn't have to be that way. In fact, it shouldn't. According to the President's Council on Physical Fitness and Sports and the National Jogging Association, in a 12-week program of beginning jogging, all you'll do your first day is walk around for 15 minutes. Throughout the program, you'll never have to breathe so hard that you can't carry on a normal conversation.

Step one in starting to jog is to see a doctor for a checkup. If you have any medical problems, your doctor will help you tailor your conditioning program around them. A doctor who runs may be able to provide more experienced advice.

Next you'll need some jogging shoes (ordinary sneakers or tennis shoes won't do). Look for a thick, layered sole running the full length of the shoe, with a soft inner layer for cushioning and a tough outer one to absorb shock. There should be an elevated heel, to reduce strain on your Achilles tendon.

It may take some time to develop a

good stride. Jogging is different from, say, running to first base. Don't bounce on the balls of your feet. Roll your weight smoothly from the heel to the toe.

Try to do your jogging on smooth, flat surfaces. If you run on pavement, asphalt is better for you than cement, because it's more resilient.

You should vary both the distance you go and the route you take. Mixing short runs in with the longer ones allows your body to adjust and recuperate.

Four to five times a week is the best frequency for jogging. Never run immediately after eating, and always allow yourself time to warm up first with some stretching exercises and cool down afterward with a walk. Within these guidelines, any time it's convenient for you is the right time to jog.

"Train, don't strain" is the principle to keep in mind. If at any time during your workout you're breathing too hard to speak normally, you're going too fast. Slow down and enjoy it.

For your free copy of "Successful Jogging," send a postcard to Consumer Information Center, Dept. 575J, Pueblo, CO 81009.

MSCs skim by Chiefs, 5-4 in first game of series

The first game of the annual MSCs vs. Chiefs softball rivalry for the command trophy was played on base May 27, with the MSCs topping the Chiefs 5-4.

The game was also a benefit for

Navy Relief, and nearly \$60 was raised. Second game of the best two out of three series was scheduled for May 29, too late for this edition to report the winner.

Free day of fun at annual rodeo

Oak Knoll patients and staff escorts are once again invited to be the guests of the Associated Veterans Council, Salinas Elks Lodge, and California Rodeo Association for the annual California Rodeo at Salinas on Friday, July 17.

In addition to rodeo attendance, the Oak Knoll group will be guests of the Elks Club for lunch and Salinas Post 31 of the American Legion for dinner.

Transportation (limited to 20 persons) from Naval Regional Medical Center Oakland and return will be furnished by Special Services. Department heads are encouraged to submit lists of those attending as soon as possible to Sally Young at Ext. 2479.

Those who have attended in previous years have reported a "terrific time."

Tennis tourney begins June 15

The 1981 Tennis Tournament will begin Monday, June 15 at Oak Knoll.

The tournament is open to all active duty male and female personnel.

Top qualifiers in the open, women's junior veteran (age 35-44), and senior

(age 44 plus) will represent NRMCO in the 1981 Central Pacific Regional Tennis tournament being hosted here at Oak Knoll in July of this year.

Call Ron Brown at Ext. 2350 for more information.

An invitation

Oak Knoll motorcyclists are invited to join the "Son Riders" tomorrow for a breakfast meeting and a ride.

The meeting will be held at 8:30 a.m. in the Carnation Restaurant, 5100 Hopyard Road, Pleasanton, with the ride to follow after breakfast.

For further information contact retired Chief Hospital Corpsman Don Woods, 582-4604 (business) or 538-6643 (home).

Skeet, trap shooters needed for matches

The Central Pacific Regional Skeet and Trap Championships will be held June 13-14 at Naval Air Station Alameda.

One team of four may be entered for each command, with one alternate. If no team is formed, individuals may enter the match.

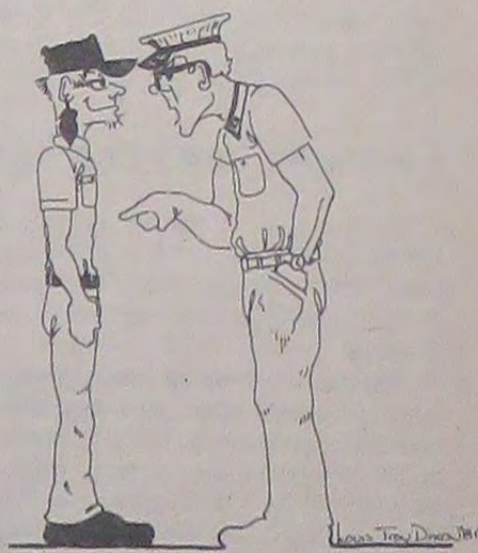
The event will be a 100 target championship and will be governed by the International Style Skeet and American Style Trap regulations. Targets and ammunition will be provided. Individuals must furnish their own weapons.

For more information or to register, call Ron Brown at Ext. 2479.

Ticket/tour office hours of operation

The Special Services Ticket and Tour Office, Room 216, Building 38, is now open for business Tuesdays, Wednesdays, Thursdays and Fridays, from 9 a.m. to 3:30 p.m.

Tickets must be ordered in person during the above time periods and must be paid for at the time order is placed. A Special Services representative picks up the tickets on Friday morning from the outside agencies and patrons are requested to call for theirs at the base ticket office before 3:30 p.m. the same day.



"WHAT IN 'I?€ DO YOU MEAN, 'WHAT EARRING?'"

Classifieds

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

HOUSEHOLD GOODS

June 6, 9 a.m. to 4 p.m., 115 Pearl Harbor Road, NAS Alameda. TVs, carpets, bunk beds, desks, dressers, bike, washer/dryer, toys, misc. household goods.

CARPOOL

Vallejo-NRMCO carpool needed. Most drive 8-4:30 p.m. shift. Call Gabby Ext. 2005 or Ext. 3912 for details.

BED FOR SALE

Full-size bed (mattress, box spring and frame). Excellent condition. Two years old. \$200 or best offer. HM3 Walker Ext. 2461.

Infant beats odds, survives Reye's Syndrome

The odds were stacked against him—60 percent of the infant victims of this rare and debilitating disease do not survive. Of those that do, half are left with some brain damage.

But the Naval Regional Medical Center Oakland (NRMCO) team, together with a couple of outside specialists, joined forces to save the handsome five-month-old child of Dental Technician Second Class and Mrs. Edgardo M. Samson.

Edgar R. Samson was born Nov. 19, 1980 at our medical center. He was in all ways a normal, healthy, happy baby boy. But in late March he became ill with what first appeared to be bronchiolitis, a viral infection of the respiratory system.

He was admitted to NRMCO on March 29 in respiratory distress. Subsequent tests revealed low blood sugar and major liver function abnormalities. It was a difficult illness to diagnose, but the Pediatrics staff under Captain Harold M. Koenig rallied around to support chief resident Lieutenant Jon D. ("Jack") Mason and pediatric ward resident Lieutenant Barry D. Cohen. Commander James E. Sander, a pediatric neurologist, came up with the answer—little Edgar had Reye's Syndrome, an extremely rare disease in a baby so young.

Consults were made with Major Steve Latimer, a pediatric gastroenterologist at Travis Air Force Base, and with Dr. Doris A. Trauner of the Departments of Pediatrics and Neurology at University of California San Diego, and

author of several professional papers on Reye's Syndrome in infants.

During the first four days of the disease, considered to be the most critical stage, Edgar slipped into a coma, had seizures and experienced severe liver failure. The nursing staff of the Intensive Care Unit and the personnel of Laboratory Service gave what the attending physicians call "tremendous support" in attempts to save the life of the helpless infant. Dr. Trauner recommended an exchange transfusion be performed. Her advice was taken and an exchange of twice the infant's blood volume was immediately accomplished.

After two days, Edgar came out of coma and began to dramatically improve. He rapidly became more responsive, and at the time of discharge on April 28, appeared well.

Throughout the days when it was "touch and go," the father, a dental technician on Treasure Island, said he and his wife were very, very depressed. Although they had never heard of Reye's Syndrome before their son was stricken, they now understood the seriousness of the multi-system disease and were emotionally drained as they watched the medical team fight to save their only child. Now that the baby has made such a miraculous recovery, "My wife and I are really, really happy," said Petty Officer Samson.

There appear to be few residual problems. Tests on Edgar, when examined as an outpatient here on May

21, are quite encouraging. "The baby seems completely normal except for slightly weak head control and cry," Dr. Mason said. "We shall continue to follow Edgar and are optimistic. He does not appear to have any severe neurological deficiency."

Meanwhile, as the accompanying photo attests, Edgar is back to normal healthy baby habits of eating, sleeping, playing, and growing—completely oblivious to his battle with a rare disease that prophetically carries his own middle name of Reyes as its title.

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the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, June 19, 1981

Senior enlisted academy to convene in September

The Chief of Naval Operations has approved plans for a new senior enlisted academy for senior and master chief petty officers, which will convene its first pilot class this fall.

The goal of the academy is the preparation of senior petty officers for positions of greater responsibility.

Two pilot sessions will be held at the academy, one in September 1981 and one in January 1982. Sixteen students

will be selected for each pilot class by the Naval Military Personnel Command.

Regular classes will begin in March 1982 at the Naval Education Training Center, Newport, R.I. There will be four classes per year, each of nine-week duration and limited to 50 students per class. A forthcoming OPNAVNOTE will detail application procedures for the first regular class.

Council to combat abuses

In a decisive move to combat fraud, waste and abuse within the Navy, Secretary of the Navy John Lehman has established a new council on review and oversight, and assigned his top military and civilian assistants as members.

The Undersecretary of the Navy will chair the new council. Its two leading members are the Vice Chief of Naval Operations and the Assistant Commandant of the Marine Corps.

While urging the council to identify immediately those areas needing high level management attention, Secretary Lehman reasserted in the strongest terms his directive to manage the resources entrusted to the Navy efficiently, effectively and economically.

The council has already instituted new procedures to follow-up audits conducted on Navy and Marine Corps activities. These procedures mandate that findings and recommendations appearing in audit reports must be

acted upon by management, and automatically forces contentious issues to the Undersecretary of the Navy for resolution. The council has also indicated that certain audit findings will impact budget allocations throughout the Navy.

In addition to reviewing audit results, the council is focusing on opportunities for enhanced efficiencies. Two prime candidate programs identified which show significant potential for savings are accelerated aircraft procurements and a revised acquisition strategy which includes multi-year procurement schedules. Discussions with Department of Defense officials and Congressional leaders in these areas have already begun.

Secretary Lehman said he is convinced that his new initiatives, coupled with the Secretary of Defense's efforts now underway, will achieve some of the savings and efficiencies sought by President Reagan.

RADM Shea here next week

Rear Admiral Frances T. Shea, Director, Navy Nurse Corps, will visit Naval Regional Medical Center Oakland next week, her first visit here since appointment as director in 1979.

During the morning hours of June 25 and 26, the director will grant interviews to Nurse Corps officers of this command. Those desiring to meet with her should call the Nursing Office for appointments in advance.

In her additional duty as Commanding Officer, Health Sciences Education and Training Command, Rear Admiral Shea will confer with Captain Steve Lewis of the Clinical Investigation Center on Friday.

Additionally, she will meet with the Graduate Training Committee from 1 to 3 p.m. on June 26.

Rear Admiral Shea was appointed ensign in the Navy Nurse Corps on June 14, 1951, and has advanced progressively to her present rank which she obtained on July 1, 1979. She is the fourth woman to be selected for

flag rank in the U.S. Navy and the 14th Director of the Navy Nurse Corps.



RADM Frances Shea



CENTER OF ATTENTION—When baby Edgar Samson began a dramatic reversal and started to improve from his serious illness, he brought smiles to a lot of persons, including (l to r) Navy nurses Lieutenant Susan L. Kowalski and Lieutenant (Junior Grade) Katherine Copps, as well as the infant's delighted parents, Dental Technician Second Class and Mrs. Edgardo M. Samson.



HAPPY FAMILY—Edgar enjoys a romp on the living room floor with his parents following discharge from the hospital.

(Photo courtesy of David Sims, Treasure Island)

EDITORIAL

Career Capsules

By HM1 Barbara Heep

Are you taking full advantage of your off-duty time? Amusements and recreation enhance the mind and body, producing more energy and stamina, contributing to total health.

Special Services coordinates all recreation and entertainment for the hospital. Their office is located on the second floor of Bldg. 38 and they have discount membership cards to major tourist attractions including Disneyland, Knott's Berry Farm, Marine World/Africa USA and others. They also arrange tours to nearby areas.

Many events in the Bay Area are free or inexpensive and FUN! You can browse in a bookstore or an art exhibit or tour a museum. Jigsaw puzzles offer hours, sometimes weeks, of diversion. Universities offer some of the best free activities around. Lots of films, lectures, extension courses, planetariums, botanical gardens, marine labs and halls of science are open to the public. Or, you could just visit the zoo, which is in walking distance from the hospital.

To know all your options, you've got to have authoritative materials, like the Yellow Pages or stop by the General Library in Bldg. 101.

Have a great weekend!

Our patients write...

The undersigned recently spent several days at your installation for a _____ operation. Extensive observation of operational procedure during this time prompts the submission of this letter.

Sincere and heartfelt thanks are extended to the two fine doctors—Dr. John Schvaneveldt and Dr. John Branch—who performed the operation. The same gratitude is also extended to the entire personnel of Ward 6 North for the tender, loving care which they give to all their patients. It will long be recalled with delight. You will excuse me if individual names are not mentioned; there were just too many fine people involved.

You are all a conscientious, dedicated, hard-working team. You work long, difficult hours under sometimes trying circumstances, yet still are able to maintain an aura which has much to do with patient recovery. Much of what was seen could well be described as above and beyond the normal call of duty.

My beloved wife also wishes to thank all personnel concerned for their solicitous care and encouragement tendered while she underwent the most difficult part—WAITING.

Robert P. Burnette
CW2, AUS (Ret)
San Jose

Beware the 'WAMPUM' hoax!

"WAMPUM FROM WASHINGTON"—that's the latest version of the long-running insurance hoax that has plagued the Veterans Administration and thousands of World War II veterans since 1948.

The "WAMPUM" handbill, advising World War II veterans they can collect a non-existent insurance dividend on their cancelled policies, has recently surfaced in Minnesota, Ohio, Indiana, Louisiana and Montana—this time with an illegal "confidence game" twist.

The fraudulent flyers promise to "cut red tape" by supplying an address for a quick dividend payment in return for \$10 that is to be sent to a post office box. Postal authorities have been taking a dim view of this scheme and have already interviewed one man who was distributing the handbills at a Wisconsin American Legion meeting.

Postal inspectors report that the Wisconsin operator claimed he "bought" the address from a person in Minnesota, and went on to produce a check which he said he had received in response to his insurance dividend claim. The check was not issued by VA and the address he was selling is one that has been used for years in this perennial hoax.

The hoax, which has been cropping up in a variety of forms since 1948, also claims that dividends are available for the asking on cancelled insurance. Official looking forms—complete with the address of a VA insurance center—often show up mysteriously at meetings of unions, veterans service organizations and even in public buildings. Many unsuspecting newspapers have passed on what they consider the "good news."

The bogus forms have been sent to VA by the thousands each month for several years.

Acting VA Administrator Rufus Wilson speculated that "someone has obviously decided that if there are that many gullible people, there must be a way to make a quick buck out of it."

"The Veterans Administration has investigated the hoax from every conceivable angle," according to Wilson, "without ever being able to establish any logical motive for spending this false information. But with this new and illegal approach of selling the address, we advise that a report be made immediately to local police officials when anyone is observed producing or distributing the so-called application forms or the 'WAMPUM FROM WASHINGTON' handbill."

Ode to the 'Old Man'

He works long and hard to earn the 'bread'
(Sometimes at a job he sure does dread.)

He repairs roofs, fixes pipes and things,
and from the car takes out the dings.

He rises early and retires late,
completing home projects that just won't wait.

His free weekends are often taken
just to help Mom with all her bakin'.

His little girls are fast to learn
Dad'll be there to kiss their burn.

Sons like to run, fish and play ball,
and he's ready at their beck and call.

When someone is ill or in deep funk,
he'll cheer them from the despair they've sunk.

Without one no household is complete—
Dads are handy, loving and 'neat.'

So just once a year on Father's Day
let's let dear old Dad have his own way!

Chaplain's corner:

'As ye give, so shall ye receive'

By Chaplain (Captain) Owen A. Hardage

A news item recently told of a man who was severely burned. As he was lying in the hospital receiving a transfusion of whole blood, he happened to glance at the bottle and saw that it had his own name on it. Some weeks before the call had gone out for blood donors. He had been one of the volunteers who had offered his blood. Now he was receiving in his hour of need the blood which he had once given in the cause of mercy.

We are seldom able to see how much others are contributing to our life. As the man gave to aid others, he found he really gave aid to himself. We have received much—but how much have we given? It is easier to be cynical and selfish than to give. Yet every hour of service given in the Master's name forms a foundation of faith which will support us against all the storms and tempests of life.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



Traditionally I should be writing about the History of the Hospital Corps and all the fine points of interest and accomplishments that have transpired over the past 83 years. We all know that the Hospital Corps has a proud tradition, second to no other and I repeat, "SECOND TO NO OTHER." It is a proud Corps and has been since its very conception. The Hospital Corpsmen have served that others might live. Their weapons in war are the instruments of mercy; a forcep to clamp a bleeder, a tourniquet to stem the flow from a traumatic amputation and their own body to cover a wounded comrade. The award of personal decorations to Hospital Corpsmen, the Navy Cross, the Silver Star and the Bronze Star, have been by the tens and hundreds, almost too numerous to count. No other Corps, Rating or specialty has been as highly decorated as Hospital Corpsmen. Twenty one of our shipmates have been awarded the nation's highest award, the Medal of Honor, for gallantry at the risk of their lives. "Above and Beyond the Call of Duty." I ask you this week to remember your shipmates who gave you so much so that others might live and to carry out your duties in keeping with highest traditions of the Hospital Corps and the United States Naval Service.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

School's Out and So Are...
Drive Carefully



Military Pay busy all day

By HA Greg Alspach

When I called upon Personnel Support Detachment to do a story on the Military Pay Division, (no longer called Disbursing), I asked the Officer in Charge, Lieutenant Commander Douglas Sperry, just what it is that the Military Pay Division does. He replied "We pay sailors." Just as simple as that right? Wrong!

Next time you go to Building 105 and think that it took too long or that you are being given the run-around, consider the following:

The Military Pay Division was combined with Military Personnel Service in 1979, with the objective of providing improved one-stop personnel services to Navy people serving both NRMCC Oakland and Naval Communications Station, Stockton, and other stations located in the Stockton and Livermore area. Anyone who spends more than 10 minutes in the pay office will see that it is a veritable madhouse with a very heavy workload. Not too many people realize just how much goes on down there, so let's mention a few things for starters. The Military Pay Division:

- Processes military allotments,
- Computes BAQ and VHA benefits,
- Processes reenlistments and separations,
- Computes doctors' specialty pay,
- Processes O.C.R. documents,
- Computes advance travel pay, unliquidated pay and emergency pay (as approved by the Commanding Officer),

- Processes leave papers,
- Arranges Navy-sponsored transportation and issues GTR (Government Transportation Request),
- Answers questions regarding military pay,

• Ensures payment of promotions/advancements,

• Computes sea duty commencement pay, and

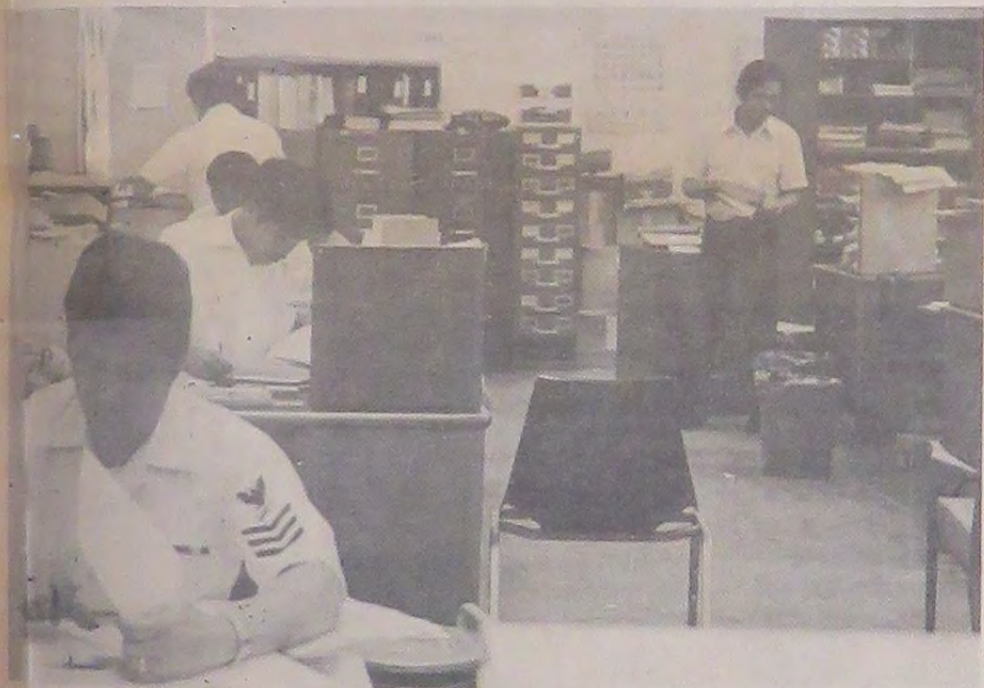
• Arranges advance pay for permanent change of station orders with up to 3 months pay and up to 12 months to repay.

With a complex mission like that it can be very difficult to keep up the pace when there are so many things to accomplish.

There are a few things you can do to help, however. The Pay Deposited Quicker plan is a direct deposit to your bank. It lessens the chance of mistakes (like losing the check), reduces the workload, and encourages savings. The check is deposited in your bank account the day before payday.

Another thing you can do to help is to save any questions you have about your pay or leave and earnings statements for a day other than payday so they can concentrate on getting the checks out.

So the next time you walk up the hill mumbling and grumbling—remember, you can do something to help those overworked shipmates who struggle to pay you on time.



PAPERS, PENS AND HEADACHES—Believe it or not, underneath all the paperwork there really are desks. This is a typical non-payday at the Military Pay Division.



SWEET IDEA—The sum of \$62.80 was raised for Navy Relief by several corpsmen of Nursing Service who held a benefit bake sale in late May. Here, Nursing Director Captain Jan Emal samples goodies carried by Hospital Corpsman Third Class Bonita Ela (left) of the 9th Deck and Hospital Corpsman Second Class Debra Ebright, 7th Deck. Others who baked the pastries were Hospitalmen Rose Blake of the 8th Deck and Angela Hearn of 6th Deck, and the wife of Hospital Corpsman Third Class Chris Stainbrook, 8th Deck.



SUPPORTING YOU—The staff of Personnel Support Activity Oakland Detachment pose on the steps under a newly-installed sign identifying their workplace.

NEA invites Oak Knoll civilians

Civilian employees of Naval Regional Medical Center are eligible for membership in the Naval Employees Association.

This Alameda-based organization offers Blue Cross and dental plans with membership at a cost of \$6.

There will be an annual membership

meeting tonight at the Blue Dolphin at San Leandro Marina starting with a no-host bar from 6:30 to 7:30 p.m., followed by dinner at 7:30. The cost is \$12 for members and \$14.50 for non-members.

For more information call Gladys Mitchell at Ext. 2518 or 2519.

'Bosses' Luncheon' well-attended

More than 80 persons attended a prime beef luncheon hosted by the Chief Petty Officers Association in the Porthole on June 4.

Among special guests honored at the "Bosses' Luncheon" were Rear Admiral Walter M. Lonergan, Commanding Officer; Captain Joseph Smyth, Director of Clinical Services; Commander Frank Fisher, Director of Administrative Services, and Commander Bruce Panas, Chief of Food Service.

The highlight of the occasion was a surprise presentation to Rear Admiral Lonergan of a large, framed shadow box, containing gold braid, an anchor and two portraits tracing his naval career. One braid-trimmed oval photo showed him as a young Hospital Corpsman at Oak Knoll, and the second, as the high-ranking officer he is today.

Commander Panas, soon to transfer from this command, was presented with the gift of a gold anchor door knocker in appreciation of his support to the chief's association.

Mr. Dave Maese of the Fleet Reserve

Association (FRA) reported on that organization's history and aims, while Mr. John Coover discussed FRA's current lobbying efforts with Congress on pay and benefits for Navy enlisted members.

Command Master Chief Charles Dackerman emceed the program and introduced the guests.



NRMC Oakland represents Navy medicine

Thirty-six persons under the command of Naval Regional Medical Center, Oakland participated in "Wounded Warrior I," the largest field medical exercise held in peacetime since World War II, under the sponsorship of the U. S. Army. The exercise took place May 24-27 in the Camp Roberts area of California's central coast.

Participants on the "mouflage" team were trained how to simulate wounds and then apply their knowledge to construct injuries for the "casualties." To do this, mortician's wax, chicken bones, makeup, etc., were used to make the "injuries" as realistic as possible.

Others played the role of "casualties." These people were first "mouflaged" and then evacuated from the patient insertion points to field

combat support hospitals. From there, some were returned to duty, while others were evacuated further behind the lines to field medical evacuation hospitals.

Two other Navy units participated in the same exercise—the 17th Reserve Naval Mobile Construction Battalion, from Port Hueneme, Calif., and CBU 416 from Alameda Naval Air Station.

The exercise was set up over an 80-mile area to simulate a Central Germany scenario. Although directly related to a NATO wartime mission, there was also a direct correlation to the potential employment of units in the event of a major natural disaster.

More than 45 units learned how to work together at Fort Hunter Liggett, Camp Roberts and Camp San Luis Obispo on a simulated high-intensity

battlefield facing a determined "European" enemy force.

The four-day exercise tested the effectiveness of field medical hospitals and the evacuation system. During the exercise, "patients" with simulated wounds were brought to field medical units at Fort Hunter Liggett and Camp Roberts for treatment; some were flown by helicopter to Camp San Luis Obispo to evacuation hospitals.

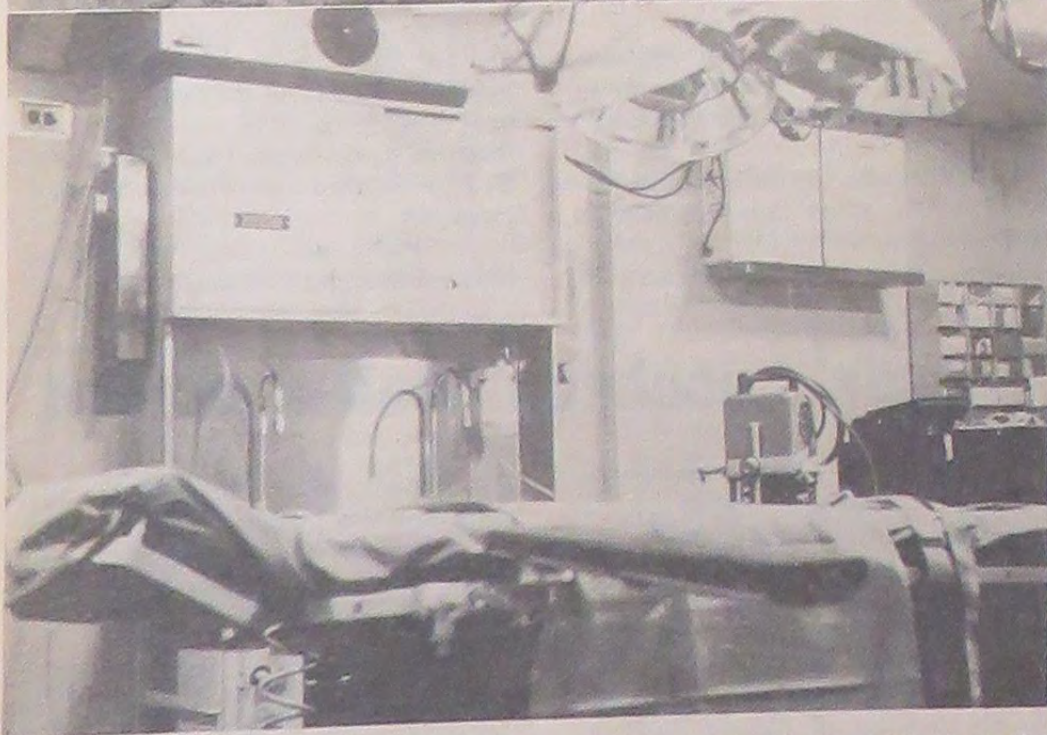
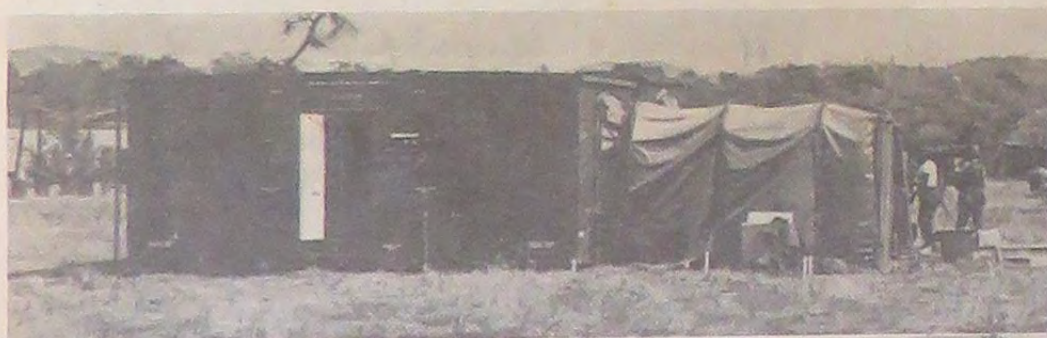
On the mouflage team from NRMCO were: HN Christopher Rogers, HA Robert J. Bateman, HM3 Joseph M. Lytle and HM3 Raymond L. Donaghy. From Moffett Field were: HM2 Karen Roberts, HM2 Sue Hepp, HM3 Sterling A. McCullough, HA Ronaele Colarusso and HA Sam Flanigan, all of whom worked at the patient insertion point at Camp Roberts under the supervision of

Major Ellen Viancourt, U. S. Army Nurse Corps, Arizona National Guard, Second Lieutenant Jim Kebba, U. S. Air Force Nurse Corps, from Travis Air Force Base, and Captain Larry Compton.

Those playing roles as "casualties" were: HR James G. Stuart, HR Randall Stovall, HA Michael Staph, HA Morgan Cantor, HA Karen L. Cox, HA Vernon Flick, HA Norman Jones, HA John Malahay, HA Teddy C. Greene, HA Sean Murphy, HA Terry Louis, HA Brian G. Czarnik, HN Patricia G. Chappell, HN James T. Kemper, HN David A. Foster, HN Anthony B. Melton, HN Buddy Brandenburg, HN Richard Patrick, HN Maureen Driscoll, HN Margaret Dusa, HN Wendy Smith, HM3 Chris Stainbrook, HM3 David Donnell, HM3 Clifford Delnay and DT3 Barry L. Walker.



MODERN DAY M*A*S*H—Combat support hospitals such as the 8th Combat Support Hospital, are the nearest medical stations to the front in a battle situation. Patients from here would either be returned to duty or sent further behind the lines to an evacuation hospital.



THE OPERATING ROOM—Operating rooms have changed quite a bit since the canvas tent days of Korea. This mobile operating room is equipped with everything you could need including an autoclave. (Exterior view, top; interior below)



MOST ACTIVE "DEACTIVATED" CAMP IN CALIFORNIA—Deactivated in 1946, Camp Roberts was used to train tens of thousands of men during the Korean War and is still a training base for Army Reservists and National Guardsmen.



MARGARET, IS THAT YOU?—Sorry wrong country. Although this is not Korea, the scene does resemble a scene from the T. V. series M*A*S*H. In the shuffle, these Army nurses attempt to set up the main emergency room.

Exercise so realistic you'd think we were at war!

Realism... that's what exercise directors wanted and that's what they got...but maybe a little too much.

Realism... Maybe that's why one of their psychiatric patients stole an ambulance? Or perhaps why one young soldier who got captured sabotaged the enemy's communication lines upon escape?

Well, Hospital Apprentice Norman L.

Jones of 7 North was just "doing my duty" when he "shot" the guard that was assigned to him.

When HA Jones arrived at Camp Roberts he was assigned to the 18th Armored Division, part of the opposing forces. He was set up to be an officer of the opposing forces with identification, uniform and everything to go with it. He was then told

that he would be a prisoner of war. Upon capture, an "armed" guard was assigned to him; when she set down her rifle he picked it up and "shot" her!

He soon escaped only to be recaptured and sent to the 385th Combat Support Hospital where he was searched and were "good guys" found the "secret" documents he was carrying. He was interrogated in the middle

of a field in the blazing noonday sun to add to the effect.

Although this time it was only war "play," lessons like this stick with you for quite awhile, and there is always the possibility that knowledge gained through such an experience could be put to the test in a real situation...perhaps some day even save your life.

Friday, June 19, 1981

in Army's 'Wounded Warrior I' exercise



THE MOULAGE TEAM—These "combat medics" were part of the moulage team representing NRMCO and Moffett Field Branch Clinic in the exercise. They are, from left to right, HM3 Joseph Lytle, HM3 Sterling A. McCullough,



HM2 Sue Hepp, HM2 Karen Roberts, HN Christopher Rogers, HM3 Raymond L. Donaghy, HA Ronalee Colarusso and Sam Flanigan. Also on the moulage team (not pictured) was HA Robert J. Bateman. (Photo by CM2 Jerry Morrison)



THE "BAD GUYS"—Sometimes it's easier, and safer, to sneak up and "shoot" someone with a zoom lens rather than a rifle. (Photo by Max Woerner).



DECONTAMINATION ZONE—Behind the small inflatable "tent" and the tent to its left, is the "decontamination line." All casualties supposedly contaminated by nuclear, biological or chemical agents are brought here first for treatment and decontamination before they are allowed into the rest of the hospital area. The inflatable buildings are supposed to be able to resist fallout from NBC warfare.



REALITY?—These "moulages," done with makeup, mortician's wax, chicken bones, stage blood and some rather unusual artistic abilities were about as real as they get.

Stories (and most photos)
by
HA Greg Alspach

Chaplain Ellison earns degree

Navy Chaplain (Lieutenant Commander) Floyd Ellison, who detached this command on May 15, received a Doctor of Ministry degree from the American Baptist Seminary of the West at exercises held June 13 in Berkeley.

The degree is a culmination of work begun in 1978 when he was one of 13 Navy chaplains selected by the Chief of Chaplains for postgraduate study. The postgraduate study program is sponsored and funded by the Navy. Its primary objective is to enable selectees to acquire knowledge and skills believed essential for performance of duties.

Chaplain Ellison enrolled in courses at the Graduate Theological Union (Berkeley), a cluster of religious training schools located in the Bay Area. His area of study was Spirituality, with specific emphasis on prayer and meditation. His doctoral paper, presented to the seminary faculty, was entitled "A Contemplative Approach to Pastoral Care of Alcoholic Patients."

Chaplain Ellison reported June 17 for duty with First Marine Aircraft Wing, Okinawa, Japan. Following this 12-month unaccompanied tour he

anticipates receiving orders to Naval Air Station New Orleans.



DR. ELLISON—Chaplain (Lieutenant Commander) Floyd Ellison, now on duty in Okinawa, received a Doctor of Ministry degree from the American Baptist Seminary of the West shortly before his departure from the Bay Area.

Kudos.....

LETTERS OF COMMENDATION

Commander Alice Dyer, formerly of Nursing Service.

Commander Richard Hooper, formerly of Preventive Medicine Service.

LETTERS OF APPRECIATION

Lieutenant Melodie Tyler, formerly of Nursing Service.

Hospital Corpsman Second Class Chris Whitehead of Physical Therapy.

Lieutenant Commander Michael Odell, formerly of Treasure Island Branch Clinic.

Lieutenant Brian Cantamessa, formerly of Nursing Service.

PROMOTION

To Lieutenant Commander, Medical Corps, Louis Papp, Pediatrics Service.

IRWIN MEMORIAL BLOOD BANK AWARD

Captain Richard W. Poley, Chairman, Laboratory Services.

OCHAMPUS CERTIFICATES OF APPRECIATION

Lieutenant Michael McDonald and Lieutenant Cynthia DiLorenzo.

CIVILIAN SPECIAL

ACHIEVEMENT AWARD

Kay Wheatley, Psychiatry Service.

REENLISTMENTS

Hospital Corpsman First Class Frank Gillette, Clinical Investigations Center.

Machinist Mate Third Class Charles Hall, Operating Management.

RADIOLOGY CERTIFICATES

Civilian Radiologic Technology students David Baggaley, Theresa Valdez, Janise Glynn and Susan Gouveia.

PMT instructor 'best sailor'



HM1 Luanne C. Cattley

Hospital Corpsman First Class Luanne C. Cattley, an instructor in the Preventive Medicine Technician School, is the Naval Regional Medical Center's Sailor of the Month (for May).

Nearly in her eighth year of naval service, she is in her second assignment at Oak Knoll. She was stationed

here in 1974, her first duty in the Navy on Neuropsychiatry on the fifth deck. From there, she attended PMT School and after graduation, served progressively at Naval Station Adak, Alaska, and Naval Regional Medical Center San Diego before her return here in 1978.

Of her selection, Petty Officer Cattley said, "I'm just thrilled about it. It tells me they have confidence in my potential, which to me, is more important than my abilities at present." She added that she "hopes dearly" for commission as a Medical Service Corps officer, otherwise will reenlist.

At the PMT School, she instructs students in mathematics and health care sanitation facilities. In November, she will detach this center for new duty with Environmental Preventive Medicine Unit 7 in Naples, Italy.

Originally from Jamestown, N.Y., where her parents, Mr. and Mrs. Marshall E. Cattley, still live, she worked before entering the Navy in November 1973 as a licensed practical nurse. Through off-duty study, she recently earned a bachelor of science degree in health care administration through the Southern Illinois University program.

Petty Officer Cattley, who lives in Hayward, is also Chairman of the Enlisted Advisory Board at this command. Her off-duty interests include bowling, sewing, and gourmet cooking.

CDR Rooney retires



CDR Mary Rooney

Commander Mary L. Rooney has retired to her hometown of Kalamazoo, Mich., after nearly 25 years' service in the U.S. Navy.

The popular Medical Service Corps officer departed this command May 29 with a plaque and a Letter of Commendation from Rear Admiral Walter M. Loneragan, Commanding Officer, for her superior service here as head of Occupational Therapy during the last year.

"I'm not going to work right away," she said. "I plan to get into my little diesel Rabbit and do some traveling, before I settle down."

During her assignment here, Commander Rooney also served as project officer for the 1980 Navy Relief Society campaign at this command.

She was stationed at Great Lakes, Ill. before her transfer to Oak Knoll in March 1980.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Commander Alice Dyer, Nursing Service, to NRMC San Diego.

Lieutenant Melodie Tyler, Nursing Service, to University of Washington.

Commander Richard Hooper, Preventive Medicine, to Pearl Harbor, Hawaii.

Lieutenant Delanor Manson, Nursing Service, released from active duty.

Lieutenant Commander Jay Rorick, Jr., Pediatrics/Alameda Branch Clinic, to NRMC Charleston.

Lieutenant Commander David C. Matthews, Jr., Radiology, released from active duty.

Chief Warrant Officer Third John Marton, Treasure Island Branch Clinic, to Pensacola.

Lieutenant Commander Michael Odell, Treasure Island Branch Clinic, released from active duty.

Lieutenant Brian Cantamessa, Nursing Service, to NRMC Great Lakes.

Yeoman Third Class John Corfield, Special Services, honorably discharged.

Hospital Corpsman Second Class Kim Russell, Eye Clinic, honorably discharged.

Hospital Recruit Richard Prouty, Emergency Room, honorably discharged.

Hospital Corpsman Third Class Jesse Ladrillono, Medical Repair, to USS BELLEAU WOOD.

Hospital Corpsman Third Class Michael Chappell, Transportation, to Academy of Health Sciences, Ft. Sam Houston, Tex.

Engineman First Class Raymond Nelson, Orthopedic Clinic, honorably discharged.

Hospitalman Alfred Harrison, 7 North, to NRMC San Diego.

Seaman Recruit Louis Dixon, Operating Management, to USS HECTOR.

Hospitalman Daniel James, CSR, honorably discharged.

...

"Welcome aboard" to newly arrived:

Machinist's Mate/Fireman Michael Walsh, Operating Management.

Hospital Corpsman Third Class Charles Wilson, Operating Management.

CW02 Vito Almaraz, Physician's Assistant.

Ensign Roy Gottlieb, Clinical Clerk.

Lieutenant Lynn Becknell, Nurse Corps.

Lieutenant (Junior Grade) Judith Valentine, Nurse Corps.

Ensign Sergio Arellano, Nurse Corps.

Lieutenant Commander Martin Secker, Medical Services Corps, ACDUTRA.

Lieutenant Lawrence Kiselica, Dental Service.

Ensign William Griffies, Clinical Clerk.

Captain Harry Wright, Pediatrics, ACDUTRA.

Ensign Monica Stokes, Clinical Clerk.

Hospital Corpsman Second Class James Leaf, Medical Repair.

Hospitalman Recruit Michael Jacques, Hypertension Clinic.

Hospitalman Recruit Anthony Holder, Clinical Investigations Center.

Hospitalman Recruit Richard Evans, Outpatient Service.

Hospitalman Recruit Daniel Hancock, Security Patrol.

Hospitalman John Hill, Inhalation Therapy.

Hospital Corpsman Third Class Gary Baugh, Special Services.

Operations Specialist Second Class Don Blankenship, Operating Management.

Hospitalman Recruit Gregory Mar-lott, Military Manpower.

Hospital Corpsman Second Class Jim Donadio, Operating Management.

Hospitalman Recruit Michael Riley, Personnel Support Detachment.

Hospital Corpsman Third Class Charles Staats, Alcohol Rehabilitation Service.



PROMOTED—Don Sanchez, former General Foreman in Public Works at Naval Regional Medical Center Oakland, has recently been promoted to become Maintenance Superintendent for the Public Works Center at San Francisco Bay.

the Military Family

Question: How may I soften the blow of separation and divorce on my children?

Reply: First of all, one must aim for a "good divorce." Although good divorces are not good, they are better than bad ones. To accomplish this, one must act intelligently and restrain hostility and quarrels wherever possible.

Children should not be pulled in as confidantes by one parent against each other. Children should be informed of the separation prior to its happening. Parents should indicate the separation will take place because of the different views and personalities of each other. Stress that neither parent is to blame and that certainly none of the children is to blame.

Above all, reassure them they will always have both parents' love and that each will still be their parent even though living apart.

At such times it is difficult for children to express feelings because of the shock, but open communication and the airing of feelings probably are the best preventives against disturbed adjustment.

Separation leads to the next step of setting up visitation privileges and custody rights. Such arrangements must be made based on traditional considerations and common sense rather than spiteful striking back or as a means of handling guilt.

Precisely because the parents are apart, there is greater need to communicate about issues pertaining to the children. It is essential not to pry about the children's visits with that parent and not to misinterpret the quality of those visits should the children return overly stimulated.

There is an almost universal tendency for parents to feel guilty about breaking up a marriage and to handle this guilt by minimizing one's own role through criticism of the other parent.

The parent with whom the children reside sooner or later is faced with the question of re-establishing a social life. It is wise counsel to defend oneself against shallow relationships to prove one is still attractive. It is best to let a period of several months pass during which time the children can mourn their loss and make adjustments to it.

It may be wise initially to meet one's date away from the home. Later, if the relationship becomes serious or repetitive, inform the children to prepare them.

One should anticipate jealousy. It will be threatening to a male child who has become especially close to the mother following separation, and similarly to a girl with her father.

Initial negative reaction may yield as the children gain familiarity and recognize their needs for a readily available other parent figure. This need may be filled if the relationship becomes permanent.

When such a marriage involves two sets of children coming to live together there is need to blame and constitute a new family union. This has a very high potential for disruption. Parents are advised not to idealize the prospects or minimize the problem. A major problem is to establish criteria for what comes first—old ties, loyalties, and past activities, or a primary commitment to the new family. The latter commitment, if well understood by all, has better potential for positive outcome.

One Parent Families: The problems and difficulties of parenting in a one-parent family can be enormous. The parent feels the need to be a mother and a father to the children, something that cannot succeed and should not be attempted. It is hoped that the children will have contact with the other parent. If this is not the case, they will create a missing parent figure for themselves; children will patch together identifications of the past coupled with current identifications with adults out of the family.

Marriage primarily to provide another parent for one's children should be discouraged.

While disruptive, separation and divorce can be softened. If it is a hopeful outlook, there is a good chance things will come together.

Send your questions about military family life to: Dr. Eli Breger, c/o Clipseet, Rm. 501, 1117 N. 19th St., Arlington, VA. 22209.



The following additions to the Navy medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Hospital Corpsman First Class Armand C. Gomez, USS HECTOR (AR-7) and his wife Emily, May 30.

A baby boy to Hospital Corpsman Third Class Robert K. Wettlaufer, Occupational Therapy, and his wife Denise, June 2.

A baby boy to Hospital Corpsman Second Class Scott A. MacDonald, Treasure Island Branch Clinic, and his wife Lee, June 2.

A baby girl to Lieutenant (Junior Grade) Rita Harnum, Treasure Island Branch Clinic, and her husband John, June 8.

A baby boy to Ship's Serviceman Second Class William Craig Spears, Security, and his wife Myrna, June 13.

Time now allowed to 'shop' for housing

Locating housing at a new duty station is going to be easier under provisions of a recently released Navy policy. Navy members may not receive no-cost temporary additional duty (TEMADD) orders to visit their new duty station for the purpose of seeking non-government quarters. It authorizes permissive temporary additional duty orders for up to five working days to members in receipt of permanent change of station orders. These days are not chargeable as leave.

Space "A" travel is authorized, but it is stressed that these orders are issued on a non-reimbursable basis. If space "A" travel is not available for the return portion of the trip, the member is responsible for costs of return travel.

This new policy is outlined in ALNAV 059/81 and is effective immediately.

Classifieds

BED FOR SALE

Full-size bed (mattress, box spring and frame). Excellent condition. Two years old. \$200 or best offer. HM3 Walker, Ext. 2461.

Auxiliary holds annual farewell luncheon

The Naval Regional Medical Center Officers' Auxiliary held its annual farewell luncheon on June 10 in the Officers' Club Courtyard.

The yearly event is a "send-off" to members leaving for new duty stations or retirement and is also a time to award the "Woman of the Year", introduce 1981 Scholarship Winners, and recognize new auxiliary officers for the coming year.

Outgoing president Nancy Harris, voted "Woman of the Year" for her contributions to the auxiliary, received a plaque from the members.

Shawna Schwartz was selected to win \$2,000, the highest scholarship award. She will attend Stanford University next fall. Lisa Lewis, enrolled at University of California Davis, was also present at the luncheon and was honored with a \$250 scholarship award. Other \$250 beneficiaries, twins Patricia and Paula Daum, also attending Davis, were unable to attend the event.

The 1981-82 Executive Board is comprised of Rita Loneragan, Honorary President; Ursula Smyth, Honorary Vice-President; Lesley Kopp, President; Carol Ann O'Reilly, Vice-President; Margie Holm, Corresponding Secretary; Rosanne Healy, Recording Secretary; Beverly Roemer, Treasurer; Shirley Golden, Parliamentarian; Pat Rasmussen, Nancy Harris and Jane Meshier, Advisors.

Also, Liz Taylor and Alison Hibbard, Program Chairpersons; Nancy Upton, Figleaf Editor; Jackie Baker, Figleaf



TOP WOMAN—Mrs. Nancy Harris was named Naval Regional Medical Center Auxiliary's "Woman of the Year" for her service in the role of president.

Typist, Jackie Baker; Becky Keck, Figleaf Circulation; Roseann Tedesco and Eileen Tomzak, Ways and Means; Marion Smith, Reservations; Michelle Barton, Activities; Sandy Sharpe and Nancy Brown, Publicity; Eileen Storz, Cookie Chairperson; Vivian Millard, Retired Personnel Representative; Irene Hodge, Entertainment Committee Representative and Red Cross Representative; and Judy Larese, Intern Advisor.



NEW OFFICERS—Among the new officers for the auxiliary's 1981-82 term are (left to right) Lesley Kopp, President; Beverly Roemer, Treasurer, and Carol Ann O'Reilly, Vice-President.



SCHOLARSHIP WINNERS—Two of the four auxiliary scholarship winners were introduced at the luncheon. They are Shawna Schwarz (left), who will enter Stanford this fall, and Lisa Lewis, to be enrolled at University of California Davis.



SPOOKED SEA LION—That can only be sheer terror reflected in the eye of Seamore the sea lion as he and a sidekick (Trainer Tom Batchelor) explore "The Spooky Kooky Castle." The scene is from Sea World's all new seal and otter show, a special treat for Navy and civilian Department of Defense employees and their families on Navy Night. This special evening of entertainment begins at 8 p.m. on the Fourth of July. Tickets, available at all Navy Special Services offices in San Diego are \$4.50 each.

More than fireworks on tap at Sea World's Navy Night

Navy families will have a rip-roaring time on the Fourth of July when they see a new four act circus at Sea World during the 12th annual Navy Night celebration. The evening of fun begins at 8 p.m. and continues for five hours.

Starring in the circus are the world renowned Chipperfield lions. Also appearing in breathtaking acts are the Zaltanas with Delilah Wallenda of the famous family of high wire performers. A thrilling trapeze act and the Staneks, a flexible bar act, will round out the all-star circus performance at the park's Nautilus Showplace.

Sponsored by Naval Base San Diego Special Services, this evening of entertainment includes fireworks, music and the silent antics of everybody's favorite mime, Mark Wenzel.

Navy Night is open to all active and retired military personnel, civilian Department of Defense employees and their dependents. Tickets for this special evening are available at all Navy Special Services offices in the San Diego area. On July 3 and 4 tickets will be available at the Armed Forces YMCA and the Naval Station San Diego Bowling Lanes. Tickets will not be available at Sea World. Price for this event is \$4.50. Children under three are admitted free. During the event, visitors will also see the park's new seal and otter show, "Spooky, Kooky Castle," and Shamu the killer whale in "This is Shamu," a show that features the finest behaviors of this remarkably beautiful marine mammal.

All of Sea World's exhibits will be open for this Fourth of July celebration. Included in the visitor's agenda should be the whale and dolphin petting pool where Navy families will pet and feed killer whales and dolphins. The California sea otter exhibit and the huge live shark exhibit are other areas that will be of interest to all members of the family.

Cap'n Kids' World, with 24 creative play elements that challenge the energies of children four through 14, will be open during the evening as well.

'Love' run-a-thon slates Sunday

There will be a Labor of Love Run-a-thon held Sunday, June 21 in San Francisco on behalf of the Recreation Center for the Handicapped.

Three events are scheduled in the run-a-thon. A "Wheeler Dealer" (a one-mile wheelchair race), "Short and Sweet," (an 8.1 kilometer (5+ mile) fun run), and "Killer Diller," a tough, hilly 14 mile road and beach race.

The race will be held at the polo grounds, Golden Gate Park, San Francisco and on the beach at the intersection of the Great Highway and Fulton Street. Registration fees are \$6, and all proceeds from the race go to the Recreation Center for the Handicapped.

For registration information/details call (415) 665-4100.

Tennis instruction available on base

Tennis lessons, both group and private instruction, are available on base this summer for adults and children.

All ability levels will be taught by Dr. Paul Welles.

Fees are: \$16 per hour, \$8 per half-hour for private lessons; \$6 per hour semi-private lessons; \$6 person, three in a class, one hour, and four in a class, one hour, \$5 person. A special rate for children in a group of six is \$2 per hour.

Call Dr. Welles at 359-4537 to arrange a time, or Sally Young at Ext. 2479 for further information.

MSCs plan gala event

Members of the Medical Service Corps will be celebrating the 33rd Anniversary of the founding of the Corps by holding a gala party at the NRMCC Officers Club on Friday, Aug. 14.

Preparations are underway for a formal evening of dancing and plentiful measures of fine food and beverages. Invitations for the festive assembly will be sent to active duty and retired Medical Service Corps officers from the entire west coast, their spouses and

guests and other members of the Navy Medical Department.

The party's theme of the "Continuing the Tradition" is being shared by MSC's across the 'country and will emphasize the Corps commitment to the Navy and the Navy Medical Department. All officers of the Medical Department will be invited to participate in this very special and traditional military celebration. Watch for further details.

Intramural Softball Standings

As of June 4, 1981

Team	Wins	Losses
General Medicine	4	0
Pathology	5	1
Neuro Psych	5	2
Medical Service Corps	4	2
Radiology	4	2
Nursing Service	3	2
Operating Room	3	2
Chief Petty Officers	1	2
Orthopedics	1	3
Pediatrics/OB	0	3
9-West	0	3
NRMCC Women	0	4
Dental	0	4

Second game earns trophy for MSCs; Men squeak by women in June 5 event

The second and final game between the MSCs and the CPOs for the command trophy was played on May 29, with the MSCs scalping their opponents, 17-6. The Medical Service Corps officers now retain the trophy for another year.

The first annual "battle of the sexes" softball game, a Navy Relief Society benefit, was played June 5 between men MSCs/Nurse Corps and women of the same mixed corps, with the men edging the women, 22-21.

The men's team was discovered to

have an illegal player early in the game and Commander Dave Vosloh, formerly of this command but now with Navy Regional Dental Center, Treasure Island, was ousted.

Two new discoveries were also made—Lieutenant Commander Bame Rabold, CEC, was made an "honorary" MSC, and Master Chief Hospital Corpsman Albert Marumoto, normally an umpire, was declared to be an "honorary" Nurse Corps team member.

Approximately \$60 was earned for Navy Relief and all agreed that it was a fun day.

MOVIES

Friday, June 19, 6:30 p.m.—STAR TREK THE MOTION PICTURE—William Shatner, Leonard Nimoy—Drama/G

Saturday, June 20, 1 p.m.—HOT LEAD, COLD FEET—Jim Dale, Don Knotts—Comedy Western/G

Saturday, June 20, 2:45 p.m.—THE DISC JOCKEY—Jim Stafford, Sonny West—Drama/PG

Sunday, June 21, 6:30 p.m.—ONCE IN PARIS—Wayne Rogers, Gayle Hunnicut—Comedy Drama/PG

Monday, June 22, 6:30 p.m.—TAKE DOWN—Edward Hermann, Lorenzo Lamas—Comedy Drama/PG

Tuesday, June 23, 6:30 p.m.—THE MIRROR CRACK'D—Angela Lansbury, Rock Hudson—Mystery/PG

Wednesday, June 24, 6:30 p.m.—FADE TO BLACK—Dennis Christopher, Thomerson—Horror Drama/R

Thursday, June 25, 6:30 p.m.—STARTING OVER—Burt Reynolds, Clayburgh—Comedy Drama/R

Friday, June 26, 6:30 p.m.—JESUS—Documentary—Religious/G

Saturday, June 27, 1 p.m.—ARABIAN ADVENTURE—Christopher Lee, Michael O'Shea—Fantasy Adventure/G

Saturday, June 27, 2:45 p.m.—GOING IN STYLE—George Burns, Art Carney, Lee Stausburg—Comedy Drama/PG

Sunday, June 28, 6:30 p.m.—DEFIANCE—Jan Michael Vincent, Theresa Saldana—Drama/PG

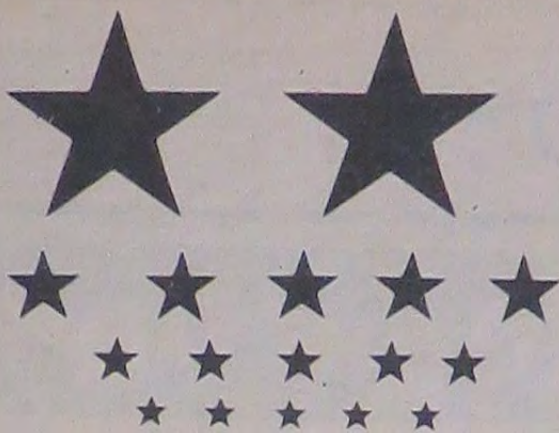
Monday, June 29, 6:30 p.m.—HEAD OVER HEELS—John Heard, Mary Beth Hurt—Romantic Comedy/PG

Tuesday, June 30, 6:30 p.m.—THE EARTHLING—William Holden, Rick Schroder—Adventure Drama/PG

Wednesday, July 1, 6:30 p.m.—FALLING IN LOVE AGAIN—Elliott Gould, Susannah York—Comedy Drama/PG

Thursday, July 2, 6:30 p.m.—LEGEND OF ALFRED PACKER—Patrick Dray, Ron Haines—Adventure/PG

Have a happy
(and safe)
July 4th



Vol. 43 No. 13

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, July 3, 1981

HMCM Steve Brown

Force Master Chief to visit next week

Master Chief Hospital Corpsman Stephen W. Brown, Force Master Chief for the Navy Bureau of Medicine and Surgery, will visit the Oakland naval medical region July 9-14.

Master Chief Brown is expected to fly to Oakland on Thursday night. On Friday morning at 8 a.m., he will meet with the enlisted members of this command in the Clinical Assembly, and address a graduating Preventive Medicine Technician class at 9 a.m.

He will attend a retirement luncheon and ceremony for Senior Chief Hospital Corpsman B. Ackert of Moffett Field Branch Clinic and speak to Moffett Clinic corpsmen on the same day.

On Monday, the master chief will

visit Alameda and Treasure Island Branch Clinics in the morning and lunch with all hands at The Porthole on Oak Knoll. Monday afternoon is set aside for visits to the Mare Island and Concord Clinics.

He will depart Tuesday morning for Seattle.

Master Chief Brown is no stranger to Naval Regional Medical Center Oakland. Until his selection as Director, Hospital Corps Division (and subsequently Force Master Chief), he was this region's Command Master Chief.

He has nearly 30 years service in the Navy, with schools and/or billets at Great Lakes, Ill.; Corpus Christi, Tex.; 1st Marine Division, 3rd Medical Batta-

lion, Okinawa, Japan, and the 3rd Force Service Support Group.

Master Chief Brown holds life time college level teaching credentials from the State of California, and is a registered Sanitarian in the State of Oregon. He has earned both a bachelor's and a master's degree in public administration from Golden Gate University.

Master Chief Brown has served on CNO retention conference workshops, as a member on the work study group for the new Command Master Chief rating; as a member of the interservice training review council, and on the study group for development of the new Navy CPO Academy.

He holds the following awards: Meritorious Service Medal, Navy Commendation with Bronze V, Navy and Marine Corps Presidential Unit Citation, Navy Unit Commendations, Meritorious Unit Commendations, Good Conduct Awards, National Defense United Nations Service, Korean Service, Korean Presidential Unit Citation, Vietnam Service, Vietnam Cross of Gallantry, Vietnam Campaign Medal, Navy Sea Service ribbon, Vietnam Civil Action, and the Navy Humanitarian ribbon.

Master Chief Brown and his wife Mary Ellen are parents of two sons and three daughters.

Former Oak Knoll surgeon to command Portsmouth

Rear Admiral Norman V. Cooley, once on the surgical staff of Naval Regional Medical Center (NRMC) Oakland, will receive command of NRMC Portsmouth, Va. on July 9 from Rear Admiral George E. Gorsuch, who will become the next Deputy Surgeon General of the Navy.

Rear Admiral Cooley served on the Surgical Service at Oak Knoll from January to October 1962, resigning to 12 years' private practice in San Diego before returning to military service.

Born in Santa Monica, Calif., he graduated from Occidental College in 1946 and the University of Southern California School of Medicine in 1950.

Enlisting in the U.S. Navy V-12 program in 1944, he was appointed Ensign, U.S. Naval Reserve in 1946, and Lieutenant (junior grade), Medical

Corps, in 1950. Assignments have included the basic course in naval medicine, Bureau of Medicine and Surgery, USS MISSOURI (BB-63), USS LOS ANGELES (CA-135), USS DES MOINES (CA-134), USS GYATT (DD-712); U.S. Naval Hospital, Corona, Calif.; Naval Regional Medical Centers San Diego and Oakland, and Yokosuka, Japan. In his last duty prior to Portsmouth orders, Rear Admiral Cooley was Commanding Officer, U.S. Naval Regional Medical Center, Naples, Italy.

He is a diplomate of the American Board of Surgery and a Fellow of the American College of Surgeons.

Rear Admiral Cooley and his wife Martha are the parents of four children. One of their daughters, Ms. Noel Cooley, lives in San Francisco.

'Blue Angels' mark 35th

The Navy's precision flight demonstration squadron, the "Blue Angels," celebrated its 35th anniversary on June 15.

The "Blue Angels" have thrilled people around the world with their aerial artistry since 1946—in some 2,250 flight demonstrations. This year's eight-month season includes 75 air shows in 45 U.S. and Canadian cities.

Secretary of the Navy John Lehman sent the following congratulatory message to the team: "As nearly 150 million spectators have watched your spectacular precision maneuvers overhead... they cannot have helped but realize that Naval Aviation is indeed the highest state of the art, and that the country is well defended by those who wear the wings of gold."

The "Blue Angels" will perform at Travis Air Force Base on Aug. 15-16. Watch this paper for further details.



HMCM Steve Brown

Savings bond drive underway; more interest offered this year



The 1981 Savings Bond Campaign begins tomorrow and will run through Aug. 4 at Naval Regional Medical Center Oakland.

U.S. Savings Bonds offer a convenient way for military and civilian personnel to conduct a savings program.

The interest rate on Series EE Bonds purchased May 1 or later is being increased from 8 to 9 percent, compounded semiannually, when the bonds are held to original maturity, the Department of the Treasury has an-

nounced. The term to maturity is being shortened from 9 to 8 years.

The interest rate on Series HH Savings Bonds purchased May 1 or later is being increased from 7½ to 8½ percent to their original maturity, which remains at 10 years. Interest on these bonds is paid semiannually.

The action will also increase the yield to maturity on outstanding Bonds and Savings Notes.

Approximately \$70 billion in bonds and notes is presently held by 23 mil-

lion American households.

The interest accumulated is tax-free until the bonds are cashed, and never subject to state and local taxes. Save for your children or your retirement and help your country at the same time.

Contact your keyperson for more information on the payroll savings plan. Lieutenant Commander Patricia Hoggatt of Physical Therapy, the campaign chairperson, is available for information at Ext. 2271.

EDITORIAL

Our patients write...

Please accept my deep appreciation for the outstanding care and services I received during my confinement at the Naval Regional Medical Center Oakland during the period May 18, 1981 thru May 26, 1981.

The quick diagnosis by Commander Gavrell and the outstanding surgery of Commanders Bulusu, Gavrell and Doctor Connor Smith are commendable.

The excellent professional services I received by the nurses and enlisted personnel in 8W were most gentle and comforting.

Daniel G. Giancola
LCDR, USN (Ret.)
Saratoga

The 'Spirit of '76' returns to an optimistic America

I had the recent privilege of participating in a Navy Public Affairs Operational Training Conference at the United States Naval Academy in Annapolis, Md. Theme of the conference was "Communicating in a Time of Change," and our speakers included such eminent authorities as the Secretary of the Navy, the Assistant Secretary of Defense for Public Affairs (and the former Ambassador to El Salvador), the Commander in Chief of the Atlantic Fleet, the Superintendent of the Naval Academy, the Deputy Chief of Legislative Affairs, the Director of Navy Program Planning, the President of the Navy League of the United States, the Principal Assistant for Manpower and Reserve Affairs, the Chief of Navy Information, the head of Navy Recruiting, the director of the International Communications Agency, the owner of a network of cable television stations, the chairman of the board of a group of eastern banks, and newsmen from *New York Times*, *Washington Post*, *Providence Journal*, and television stations.

Would that I could share with you the wealth of information gleaned from this unique gathering of Navy public affairs folks from duty stations throughout the world. Unfortunately, time and space does not permit. Although the conference was primarily pointed to professional methods of communicating, there were items of interest to everyone in any way connected with the Armed Forces or simply interested in the reality of the Soviet threat, world trade, geopolitics, the key issues of the current budget, Third World contingencies, naval diplomacy and strategy, the rising level of terrorism in the United States, and an awesome and exciting future of social and economic change predicted to come about within the next 10 years.

If we are to reach the administration's goal of 15 battle groups and a sophisticated 600-ship Navy by 1989 we are going to face an internal issue of "guns versus butter," an issue expected to warm up significantly by November throughout the nation. The public is not going to tolerate fraud and waste in government and those miscreants responsible are going to have to bear the burden and pay for their mistakes. Some of the studies now under consideration within the Navy involve how to closer link the citizen with the state; i.e., to generate service with honor. Also, an attempt will be made to motivate civilian employees and recognize them for their important roles as real members of the Navy team. The best commanders will be assigned to field activities and the mobility concept will be slowed for military members to allow less disruption of home life and vulnerability to high mortgage rates, for example. There must be professional respect by officers for talented enlisted personnel and uniforms must be consistent for the time and place they are to be worn. Of continuing and paramount concern is sufficient pay and benefits for military members and respect from the civilian community.

Whether or not there will be a draft appears to hinge on Army recruitment efforts. Several in authority believe that the Navy can live with an all-volunteer force as long as retention needs are met. Already, more than 1,000 former Navy personnel each month are returning to the service. Except for nuclear trained technicians, all Navy recruiting targets are being met, and "eight-balls" now in the Navy will be cleared out.

But I diverse. I guess the one big impact of this gathering was its infectious upbeat note. Each morning before we began the sessions, we rose to our feet and sang a patriotic song such as "God Bless America." (The more we sang, the more optimistic we became.) We were reminded of the contributions defense spending makes to better life in the United States—through better education (military technical schools); citizenship (the job we're doing in leadership); health (military research and contributions to the nation's health as a whole), and technological innovations such as computers and lasers that have significant civilian applicability. We were told the bright spots about our country... the dollar is getting stronger... discipline will eliminate waste... the tax cut can help us all... mortgage rates will go down... sincere efforts are being made to make life hospitable for the service-member, and we are on our way to recover naval superiority.

Pride and professionalism are taking hold and once again America is beginning to reverse its steady deterioration of the past 15 years, a decline brought about by Vietnam, Watergate, and identity crises of political, business and media leadership in this nation.

The United States of America has regained its self-confidence. We are no longer adrift.

--B. Beck

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



I counsel many people who seek my advice, some about their slow advancement, others who feel their job is not rewarding.

Many persons go about choosing a duty station the wrong way. Most personnel request an area, rather than a job. The best way to choose a duty station is to seek the assignment that will do the most for a career, rather than a desirable area that will have little or no effect on one's career.

For example, one PO1 calls the detailer for an assignment, and wants a CPO billet, preferably on the West Coast. The detailer gives the person a CPO billet, but it's in Bethesda. Another First Class tells the detailer he will only be happy with orders to the Bay Area and all the detailer has is a Second Class billet at the Branch Clinic, Treasure Island.

Two years later, when both these PO1s are competing for Chief Petty Officer, which do you think will probably be putting on the hat first?

One assignment will not always make or break a person's chances for advancement, but careful career path planning, coupled with the knowledge that we cannot always have what we want, will make a Navy career more enjoyable, and certainly more successful.

Career Capsules

By HM1 Barbara Heep

This command has established a program to assist the Commanding Officer in carrying out his responsibility for the well-being and positive leadership of all personnel under his command.

The Command Retention Team/Enlisted Advisor Group is made up of selected members within the command who will be responsible for disseminating information; providing counseling and guidance to enhance professional development for enlisted personnel.

In order to foster a favorable career satisfaction environment this group will meet with the enlisted members of their service at least monthly.

As senior advisors of the group, the Command Master Chief and Command Career Counselors are available for assistance, as well as disseminating pertinent information, regardless of the scheduled quarterly meeting.

Members of the group are: HMCM Charles Dackerman, Command Master Chief; DTCM Clotilda Juliani, Dental Service; HMCS Nathaniel Jenkins, Preventive Medicine Service; HMCS Gale Thomas, Patient Affairs; HMCS David Jackson, Nursing Service; HMCS Harold White, Supply Service; HMC Gary Burdoff, Radiology Service; HMC Richard Montour, Surgery Service; MSC Roland Fontillas, Operating Management Service; HMC Britt Gladden and HM1 Barbara Heep, Career Counselors; HM1 Kenneth Crawford, Pharmacy Service; HM1 Claudia Abbott, Nursing Education, and HM1 Alice Westlund, Laboratory Service.

If you have any problems or questions about your career, talk with your Enlisted Advisor.

Chaplain's corner:

The meaning of freedom

By LTJG (Chaplain) Kathy Brown

Independence Day, 1981, marks the 205th year of America's adoption of the Declaration of Independence. As we commemorate this event we must take the time to reflect upon our beginnings.

The Declaration of Independence has profound political and social significance. After the organization of the Federal Union in 1789, it was regarded as just a proclamation of independence, rather than a statement of basic principles. Yet, the Declaration has served the United States as a standard against which Americans can measure the gap between their achievements and professions.

July 4th is a day set aside for public celebration of the anniversary connected with the beginning of national independence. A legal holiday solemnizing the embracing of the Declaration of Independence in 1776, it is also observed as a holiday in the Philippines memorializing the transfer of sovereignty from the United States in 1946. It is a day of rejoicing over our freedom, autonomy and self-governing nation.

Rights proponents, including social and political reformers throughout the years, have found in the Declaration an inspiration, with the result that the concept of equality in American life has become even more broadly defined.

To live life in one's own way... To attain the destination you have set for yourself... To be the person you want to be... THAT IS FREEDOM!

Friday, July 3, 1981

THE OAK LEAF

Head chaplain here to end 30-year career

Captain Owen A. Hardage, Chief of Pastoral Care Service at Oak Knoll for the past four years, will depart the medical center Monday on terminal leave, pending an Aug. 1 retirement date after 30 years' Navy duty.

"Although we've been 'at home' around the world," Chaplain Hardage said, "it will be good to settle down in one place and have time for hobbies and recreation."

Naval assignments in his long career

have included USS LOWRY (DD 770); USS PIEDMONT (AD-17); Third Marine Division; First Marine Division; Mobile Construction Battalion Three; NAS North Island; USS DELTA (AR-9); NAS Glenview; USS GUAM (LPH-9); Naval Amphibious Base Coronado; USS BON HOMME RICHARD (CVA 31); Naval Station Treasure Island, and Naval Station Guam.

The Navy chaplain wears the Navy Commendation Ribbon, a Unit Citation,

and 13 campaign ribbons.

Although he and his wife Jeanette and daughters Allison and Jessica have been calling Hayward home, they will begin a new life in the Sierra gold country in the foothill village of Sonoma.

Chaplain Hardage, who holds a bachelor of arts from California Baptist College and a bachelor of divinity from the American Baptist Seminary of the West, plans to do some part-time ministry in his new community.



Captain Owen A. Hardage

Retiring optometrist spends half of Navy career here



CDR Ernest Ball

Unusual circumstances made it a reality for recently retired Commander Ernest A. W. Ball to have spent half of his naval career at Oak Knoll.

His first tour of duty began here 25 years ago; his second tour at the same hospital ended June 30.

"The buildings and the name have changed, but I haven't," Dr. Ball said, "Some of the eye patients that I examined in 1956 still return to the Eye Clinic here. Some of them believe that I never have been transferred," he laughed.

The Medical Service Corps officer who has been head of Optometry at Naval Regional Medical Center Oakland for the past seven years, plans to continue working in his profession in the civilian community.

Upon retirement, Dr. Ball will be relieved of his duties as Chief of

Optometry for the region by Commander Richard L. Newell, who comes from the Bureau of Medicine and Surgery for this assignment.

Commander Ball earned his Doctor of Optometry degree at Illinois College of Optometry and two years later, his Master of Science in Optometry from the same institution.

He entered on active duty with the U.S. Navy in 1956, and following original service at Naval Hospital Oakland, held progressive billets at Naval Station, Long Beach; Pearl Harbor Naval Shipyard, Hawaii, and Naval Training Center, Great Lakes, Ill., before returning to Oakland.

Dr. Ball and his wife Annette will continue to make their home in San Ramon. Their two daughters, Deborah and Linda, are both registered nurses on the staff of St. Helena Hospital.

Travel pay up for PCS moves

Congress has approved an increase in the travel allowances for permanent change of station (PCS) moves for all service members effective July 1, 1981.

PCS mileage rates increase from 7 cents to 13 cents per mile and PCS per diem rates increase from \$35 to \$50 dollars a day. Members are entitled to receive both mileage and per diem when on PCS travel.

The travel rates for the service member's dependents are 7 cents per mile for dependents 12 years of age and older, and 3.5 cents per mile for dependents from 2 to 12 years old.

Those service members who detached before July 1 may also be entitled to the increased rates. The new rates are based on the effective date of PCS orders as defined in the Joint Travel Regulations (JTR). Effective date of orders is the date a member must commence travel from the old permanent duty station or last temporary duty station, whichever is applicable, in order to arrive at the new permanent duty station on the required reporting date. Individuals expecting a PCS move soon or who are currently in

(Continued to Page 4)

OR students graduate July 10

Operating Room Technician School Class 81002 will hold its graduation ceremonies July 10 in the Clinical Assembly at 10 a.m. The students have completed a course consisting of eight weeks of classroom instruction on aseptic technique and 18 weeks of clinical experience in the different surgical services.

Honored graduate HM2 Humberto L. Monge will soon be reporting to his new command, the USS MIDWAY, homeported in Yokosuka, Japan.

Following is a list of the other graduates and their new commands:

HN Johnny L. Carwell, 3rd FSSG,

Okinawa, Japan; HN Angela L. Cates, NRMOC Yokosuka, Japan; HN Edward H. Marchan, Branch Dispensary 29 Palms; HA Reginald McWhorter, NRMOC Okinawa, Japan; HM3 Norman L. Ogilvie, 3rd FSSG, Detachment A, Iwakuni, Japan; HN Heisham Y. Sahawneh, 3rd FSSG, Okinawa, Japan; HM3 Gordon H. St. Clair, NRMOC Camp Pendleton.

Also completing the classroom phase of training was a specialty student, HM3 Raymond Thompson, assigned to Ophthalmology, NRMOC Oakland.

Procurement clerk needed in Supply

The Procurement Branch of Supply Service at Oak Knoll is in need of a Procurement Clerk (Typing), GS-1106-4, paying \$12,058 to \$15,343 per year.

Applications will be accepted until close of business Monday for this job, which requires 18 months of general, and six months of specialized experience.

The person selected will prepare reports, compose and type correspondence to vendors, amendments to purchase orders, and requests for quotations for services or supplies. The incumbent will also exercise limited commitment authority for routine buying.

HMC R.L. Montour of Surgery receives first leadership award

Chief Hospital Corpsman Richard L. Montour, Administrative Assistant to the Chief of Surgical Service, has received this command's first Semi-Annual Leadership Award for degree of devotion to the Navy, motivation, character building attitude, leadership characteristics, support of command policies, counseling attributes and other considerations of a commendable nature.

Under the new program, established by NRMOC Oakland Instruction 1650.1, exceptional senior petty officers (E-5 through E-9) are honored to inspire continued high performance standards and excellence in leadership. Nominations are made by chiefs of service no later than the last day of April and October. The recipient of the award is chosen by a Selection Committee composed of the Directors of Clinical and Administrative Services and the Command Master Chief, with final approval from the Commanding Officer.

The winner receives official recognition by the command, a letter of appreciation, an appropriate certificate, an engraved plaque, and special liberty for a period of 96 hours during the quarter following selection. Chief Montour was chosen for the period of Oct. 1, 1980-April 30, 1981 and received his award in mid-June.

In a letter of commendation to Chief Montour, the senior petty officer was praised by Rear Admiral Walter M. Lonergan, Commanding Officer, for his "all-encompassing interest and involvement in all his duties (which) have contributed mightily to the smooth running of the department with its multiple branches, all of which produce an almost constant flow of complicated and interrelated material and personnel issues and problems."

Chief Montour has 20 years in the Navy and has been assigned to Naval Regional Medical Center since July 1978.



FIRST IN LEADERSHIP—Chief Hospital Corpsman Richard L. Montour (left) receives the congratulations of Rear Admiral Walter M. Lonergan following Chief Montour's selection as recipient of the first Semi-Annual Leadership Award.

Nursing Service lauded by Cal State Hayward

Nursing Service has been highly commended for its role in assisting student nurses obtain clinical experience under a program wherein California State University Hayward students train here.

In a letter to the Commanding Officer, Ms. Pamela S. Reuling, R.N., M.A., university instructor of nursing, said:

(Continued to Page 4)

FOR YOUR INFORMATION



BLOOD DRIVE—Forty-two Coast Guard donors lined up to donate blood at a NRMCO Oakland collection June 10 aboard the Coast Guard ships USS SHERMAN (WHEC 720) and the USS MORGENTHAU (WHEC 722), docked at the Naval Supply Piers in Alameda. The units were donated to the blood bank here.



COAST GUARD DONOR—HM2 Kaytee Wright of Laboratory Services completes a card on FN Roy Eppinette as the Coast Guardsman donates his pint of blood to the hospital's bank.

Manlick tops among X-ray grads

HN Gregory M. Manlick was top honor student of basic X-ray Class 81-004 which graduated June 25 in Clinical Assembly ceremonies.

He soon will be reporting to the USS BLUE RIDGE in Yokosuka, Japan.

The following is a list of the other graduates and their new duty stations:

HN Bruce R. Brenner—Second FSSG Camp Lejeune, N. C.

HN Wallace R. Brincefield—NRMCO Okinawa, Japan.

HN Paul D. Carpenter—Second FSSG Camp Lejeune, N. C.

HM3 Harry L. Chaney—NRMCO Philadelphia, Pa.

HM3 Yolanda Demery—NRMCO Charleston, S.C.

HA John Glaze—NRMCO Guam, Marianas Islands.

HM3 Rufus Holmes—USS DENVER,

San Diego, Calif.

HN Connie J. Harris—NNMC Bethesda, Md.

HM3 Earl S. Kallio—NRMCO Long Beach, Calif.

HA Larry Presley—NRMCO Orlando, Fla.

HA Thomas M. Starbaugh, NNMC Bethesda, Md.

HN Per A. Schenck—USS CORONADO, Norfolk, Va.

HM3 Ellis R. Smith—Third FSSG, Okinawa, Japan.

HM3 Ricky R. Smith—NRMCO Camp Lejeune, N. C.

HN Robert D. Weaver—NRMCO Bremerton, Wash.

HA Robert B. Welton—Third FSSG, Okinawa, Japan.

HN Reginald White—Branch Clinic, NAS Oceana, Va.

HM1 Jim Carter ordained deacon

Hospital Corpsman First Class Jim Carter, liaison representative for reservists taking active duty training at Naval Regional Medical Center Oakland, has recently been ordained a deacon in Alameda's Central Baptist Church.

Originally from Illinois, he and his wife Cathy are parents of two children and make their home in Alameda.

Petty Officer Carter's office is located with the Personnel Support Detachment on Oak Knoll.



ANOTHER CONTRIBUTION—The U.S. Coast Guard, which carries a well-earned reputation of lending aid in search and rescues year-round, gave another humanitarian lift in recent blood donations to this medical center. Here FT3 Betty Doyle, crew-member aboard one of the homeported cutters, adds her contribution under the supervision of HM3 Perry Wein of the Oak Knoll staff.

Navy receives award from Irwin Memorial

The Irwin Memorial Blood Bank held a tribute dinner June 11 to honor its major contributors. Captain Joseph Smyth, Director of Clinical Services, representing the Navy, accepted the "Golden Pints Award" for donations of more than 700 gallons of blood within the year from all Navy units/ships in the area.

There were five "Golden Pints" awarded at the ceremony. Brigadier

General William P. Winkler, Commanding Officer of Letterman Army Medical Center in San Francisco accepted the award for the Army.

The Navy award was later passed to Captain Richard W. Poley, Chief of Laboratory Services, along with a letter of commendation by Rear Admiral Walter M. Longergan, NRMCO Commanding Officer.

Nursing Service lauded

(From Page 3)

"I would like to take this opportunity to commend and thank Commander Murphy, Surgical Supervisor; Commander Anderson and Commander Born, GYN-GU Supervisors; Commander Sobkow, O. R. Supervisor; Lieutenant Commander Burns and Lieutenant Commander Lewis, surgical charge nurse; Lieutenant Commander Renkiewicz, ICU charge nurse; Mrs. Watchers, GU-GYN charge nurse, and all their staffs for their willingness and cooperation in assisting me in planning and carrying out student assignments and for the support they give the students which helps make it a more positive, meaningful experience."

Ms. Reuling also gave special mention to Mrs. Sandel, Enterostomal Therapist, for the presentation she gave to each of six rotations of students, plus the individual attention shown to those students caring for

ostomy patients.

In closing, she stated: "My students have given me much positive feedback about the good nursing role models they encounter at the Naval Regional Medical Center. I would like to commend you and your staff on your continued effort to maintain quality nurses in your facility."

Travel pay up

(From Page 3)

transit between two permanent duty stations should check with their local disbursing officer to see if their effective date of orders qualifies them for the new rates.

More information will be in a forthcoming NAVOP message and a change to the Joint Travel Regulations.

Friday, July 3, 1981

THE OAK LEAF

PEOPLE MAKE NEWS

Kudos.....

NAVY ACHIEVEMENT MEDAL

Senior Chief Hospital Corpsman Clyde Henderson, Stockton Branch Clinic.

PROMOTIONS

To Lieutenant (junior grade) — Katharyne Clark, Diana Fricker, Betty Gunter, Debra Lorick, Mickael Moulden, Beverly Muessig, Susanne Schallenberg, Theresa Sloan and Louise Theriault, all Nurse Corps.

RESIDENCY CERTIFICATES

Medical Corps Lieutenant Commanders Carl Sainten and Lolita Chiong and Lieutenant Leslie Smith have all been awarded residency certificates in internal medicine.

LETTERS OF COMMENDATION

Commander James Congdon, Jr., MC, formerly of HEMA/Oncology.

Lieutenant Commander Thomas Schmidtkecht, MC, formerly of Laboratory Service.

Lieutenant Commander Robert Daggett, MC, formerly of Outpatient/

Emergency Services.

Commander David Forth, MC, formerly of Laboratory Service.

Commander Bruce Panas, MSC, formerly of Food Service.

Ms. Nancy Clarke, Personnel Support Detachment.

LETTERS OF APPRECIATION

Lieutenant Kenneth Edberg, MSC, formerly of Optometry.

Lieutenant Commander Rosalie Lewis, formerly of Nursing Service.

Lieutenant Anne Higgins, formerly of Nursing Service.

Lieutenant Linda Dunn, formerly of Nursing Service.

Lieutenant Doreen Tryon, formerly of Nursing Service.

GOOD CONDUCT AWARDS

Hospital Corpsmen Second Class Lee Bradford, Dennis Wilkinson and Richard Rudowski.

FROCKED

To Medical Corps Lieutenant Commander, Warren Tucker of Pathology.

Dr. Daggett off to London town

Medical Corps Lieutenant Commander Robert B. Daggett and his family departed last weekend enroute to a new assignment in London, England, where Dr. Daggett will be an internist serving the staff of the American Embassy.



LCDR R.B. Daggett

Dr. Daggett, who has been Chief of Outpatient and Emergency Services at Naval Regional Medical Center Oakland for nearly three years said, "We are looking forward to living in a different society. (It's) a great opportunity for professional growth as well as the experience of travel." He added that there are several little known, but exciting duty stations offered in the Navy, and he feels that this will be one of them. He is due to report on July 15, and jokingly added that perhaps he'll see some of his Oak Knoll friends at the royal wedding on July 29.

The former medical center physician has 11 years of Navy service. He earned a bachelor of science in chemistry and a doctorate of medicine from the University of Illinois and completed his internship at NRMCM Portsmouth, Va. in 1974. He completed a dual residency in internal medicine and pediatrics at NRMCM San Diego, 1975-78.

Dr. Daggett is the son of retired Navy Captain and Mrs. R. E. Daggett of Evanston, Ill. He and his wife Luann are the parents of two children, Diane, 2, and Robert, 6 months.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Kenneth Edberg, Optometry, released from active duty.

Commander James Congdon, Jr., Medical Service, released from active duty.

Lieutenant Commander Thomas Schmidtkecht, Laboratory Service, released from active duty.

Lieutenant Commander Robert Daggett, Outpatient Department to Naval Activity, London, England.

Commander David Forth, Laboratory Service, released from active duty.

Commander Bruce Panas, Food Service, to Naval Regional Medical Center San Diego.

Lieutenant Linda Dunn, Nursing Service, to Pensacola.

Lieutenant Doreen Tryon, Nursing Service, to Subic Bay.

Lieutenant Commander Loretta Sitton, Nursing Service, to Pensacola.

Lieutenant Commander Rosalie Lewis, Nursing Service, to Moffett Field.

Lieutenant Anne Higgins, Nursing Service, released from active duty.

Hospital Recruit Karl May, X-Ray, released from active duty.

Hospital Corpsman Third Class Charles Hall, OOD Desk, to Treasure Island.

Hospitalman Roxanne Ashley, Special Services, to Branch Clinic, El Centro.

Hospital Corpsman Second Class Lawrence Harkey, Urology, to NRMCM San Diego.

Hospital Corpsman Second Class Debbie White, Pharmacy, released from service.

Hospital Corpsman First Class Mark A. Patton, Alcohol Rehabilitation Service, released from service.

Hospitalman Susan Weinbender, 9

South, to NRMCM San Diego.

Hospital Corpsman Third Class Kerry A. Pecard, Preventive Medicine Service, released from service.

Engineman Third Class Tommy Reaves, Operating Management, released from service.

Hospital Recruit Robert J. Finger, Radiology, released from service.

Hospital Corpsman Second Class Michael Presley, Operating Room, to Naples, Italy.

Hospital Corpsman Third Class Veronica Armstrong, 9 West, released from service.

"Welcome aboard" to newly arrived:

Lieutenant Eric Nisonger, MSC, ACDUTRA, Preventive Medicine Service.

CWO-4 Donald King, MSC, ACDUTRA, Preventive Medicine Service.

Ensign Timothy Urell, Clinical Clerk.

Ensign Ann Catherine Weiss, Clinical Clerk.

Lieutenant Commander Gregory Gibbons, MSC, Food Management Service.

Lieutenant Commander Robert Hamilton, DC, Oral Surgery resident.

Ensign Thomas Lieb, Clinical Clerk.

Ensign John Williams, Clinical Clerk.

Hospital Corpsman Third Class Eli Fale, Eye Clinic.

Engineman Second Class Don Agneta, Medical Repair.

Hospital Corpsman Third Class Bruce Burch, Nursing Service.

Hospital Corpsman Third Class Donald May, Operating Management.

Hospital Apprentice Francis Rockefeller, Military Manpower Service.

Hospital Recruit Eduardo Delossantos, Military Manpower Service.

Hospital Recruit Chris Kateley, Alcohol Rehabilitation Service.



WELCOME ABOARD—Outgoing Chief of Food Management Service, Commander Bruce Panas (left), extends a hearty welcome to his replacement, newly-reported Lieutenant Commander Gregory Gibbons. Commander Panas has departed NRMCM Oakland to take a similar position at NRMCM San Diego.



A TRADITION—All hands joined in to enjoy a cake celebrating the Hospital Corps 83rd Anniversary. Making the traditional cut are (l to r) Command Master Chief Charles Dackerman, Commanding Officer Rear Admiral Walter M. Lonergan, and Sailor of the Year Hospital Corpsman First Class Barbara Heep.

UCLA to design study on Agent Orange effects

A team of scientists at the University of California at Los Angeles will design a study by which the Veterans Administration will attempt to determine what, if any, medical effects result from human exposure to Agent Orange, a defoliant used during the fighting in South Vietnam.

The work of the UCLA team will then be evaluated before VA uses it for

a full-scale study

Agent Orange has been a health concern among a number of veterans since allegations were raised several years ago that exposure to it had resulted in a variety of maladies ranging from headaches to cancer and birth defects. To date, no definite medical link has been established that would substantiate these claims.

SPEAKING OF HEALTH CARE

MED • SCAN

A quick look
at recent health care
developments

When he was young and in Hong Kong he had a tasteful heart tattooed on his arm, with Marie's name smack in the middle. But now his wife Gladys thinks it's tacky. Fortunately there is a solution for his problem, as reported in the *Journal of the American Medical Association (JAMA)*. The argon laser. The blue-green argon laser light is absorbed by pigment and converted to heat. The remarkable beam selectively destroys specific skin lesions with very little scarring. **The treatment is effective on a variety of lesions, including the port-wine birthmark.** While most lesions are almost totally obliterated, treated tattoos leave a ghost effect. But that's all right. Marie's only a shadow of herself now, too.

Long life is a matter of balancing risk factors, seemed to be the conclusion of a number of papers read at a recent annual conference of the American Heart Association in Washington, D.C. Researchers apparently feel that the healthy state may lie between two extremes. For example, people with low serum cholesterol, low body weight, or who eat a low-fat diet will probably avoid some heart disease but will have a higher risk of dying from cancer or stroke, as revealed by a study of 8,006 Japanese-American men aged 45 to 68 years living in Honolulu. Some other revelations from the conference: **Smoking is one of the best predictors of death due to a heart attack. If you want to derive real physiological and psychological benefits from jogging, then you better do more than a mile a day.**

Young women dieters and lean runners who want to become pregnant and can't may just have to gain a few pounds and stop running. **Researchers reporting to the American Fertility Society meeting in Atlanta** said that young women starving themselves into hollow-cheeked slimness are putting themselves through chemical changes that causes their bodies, in effect, to regress to puberty. To improve fertility patients are encouraged to gain weight. As a result, one of the investigating physicians reported that after gaining an average of eight pounds, 17 of 26 women became pregnant after four years of infertility. Researchers contend that irreparable harm will not come to a dieting woman's chances at motherhood, but if severe dieting is continued into her 30s, it's conceivable that her fertility might be compromised. **As to the runners, an investigator found that their body fat was about 17 percent, and studies show that at least 22 percent body fat is necessary to maintain menstruation.**

In 1970 Russia had just about drawn abreast of the U. S. in its statistics for infant mortality and longevity. But 10 years later those gains have been wiped out and **Russian infant mortality is three times worse than ours.** Today 35 Russian infants die for every 1,000 births. In all of Russia there are no intensive care units for newborns or fetal monitoring units. Other indicators of an inadequate Soviet health care system are cited by William A. Knaus, M.D., author of "Inside Russian Medicine: An American Doctor's Report" (Everest House). **Male life expectancy has worsened, dipping to 63 years from 66 in 1970. Life expectancy for women is seven years less than the 77 years that American women can expect to live.** Rickets and other vitamin-deficiency diseases are still major public health problems. Abortion, according to Knaus, is the major form of birth control; he estimates Soviet women average six in a lifetime. Death rates from heart disease and stroke are rising. The Soviet Union spends less than a quarter of what the U. S. does per person on medical services (\$200 compared to \$900 in the U. S. in 1980). Knaus contends that in 1970 the Soviet Union and the U. S. had nearly comparable health statistics. But in the 70s the two countries embarked on divergent courses. The U. S. made major investments in campaigns to reduce infant mortality to lower death rates from heart disease and stroke, and basic and applied biomedical research received massive governmental and industry support. Not so the Russians. **They chose armament over health care.**

Ever wonder how fast the air from your lungs travels when you cough? Probably not, but it's been clocked at 500 to 600 miles per hour, at least that's what the FDA Consumer magazine reported.

Last year's swimsuit too tight?

Will you be embarrassed when you put on the old swimsuit this summer? Finding the uniform a little too tight around the waist?

If so, put a stamp on an envelope and get the latest in a number of different types of exercises which can help you regain that youthful figure.

Uncle Sam has the information.

And, the prices are reasonable.

For only \$1.50, you can get the latest copy of "Adult Physical Fitness" (120H) which shows graduated exercise to help you get into shape without strain and pain.

Or, if you're into swimming, there's a booklet, "Aqua Dynamics," (201H) which gives sets of exercises to be done in the swimming pool. The cost to you is only 75 cents.

If you're really in bad shape, like unable to jog across the street, you might want to send for "An Introduction to Physical Fitness" (123H)

which gives exercises for beginners. This one costs \$1, money well spent.

A plan to set the muscles in motion while at the same time controlling food intake is outlined in "Exercise and Weight Control" (202H), \$1.75. This booklet gives the amount of calories used per hour for various activities, so if you have that extra piece of cake, you'll know how far you have to walk or run to get rid of the extra, unneeded calories.

And finally, there's "The Fitness Challenge... In The Later Years" (220H) which covers the older people. This goes for \$1.75.

All of the above pamphlets can be ordered through the Consumer Information Center, Pueblo, Colo 81001. Be sure to include the complete title and pamphlet number, as well as a check or money order payable to the Superintendent of Documents.

'Totaled' can mean driver, too

By Major Jack Tinius
76th Military Airlift Squadron
Andrews AFB, Md.

"Totaled..." the insurance adjuster said.

I paused for what seemed a long time then said, "OK, tell me what I do now."

"Totaled"... what an ominous term. After I hung up the phone, I pondered my fate.

The accident had occurred on a busy highway. After a long day, my mind was occupied with thoughts of getting home and hitting the sack. It was one of those nights that seemed terribly dark. No moon, I suspect, the road lightened only by the headlights of passing cars. A final turn came up on the left. I checked my rear view mirror to clear the lane. As my eyes came back down, I detected a flash of white on the right. Screech! CRUNCH! Thoughts of a peaceful night's sleep were wrenched into gut-rending terror.

Swirling steam rose from the hood of my car. As it began to clear, I saw another car facing in the wrong direction, almost on its side in a ditch that marked the median of the highway.

A man got out of the car, sort of staggering. I unstrapped myself and ran over. He was OK. Another guy unwound from the other side of the car. Other than a couple of cuts, he was OK, too.

I saw from the damage to the car that they had been extremely lucky. My car had caught the left rear just aft of the front seat.

I was traveling about 45 miles per hour when I first saw their headlights. At that speed, if I had hit the driver's compartment, they would not likely have been walking around afterwards.

In my case, I figure luck had nothing to do with it.

As I checked myself over, I found everything OK other than a pair of unsteady hands.

I silently blessed the effectiveness of my restraining system.

Had I not had it on, I would have been totaled along with the car. A crushed chest? Broken arms? Broken head? Broken neck? Any or all of these could have resulted as my body continued to "travel" at 45 miles per hour even though the car impacted to a dead halt. A broken body, which in insurance vernacular would have been "totaled."

What a difference and what a relief to be walking around in one piece, healthy, enjoying life! Those few extra seconds it took to buckle up made all the difference (USAF, Hq. MAC, Scott AFB, Ill.)

Not WHAT, but HOW it's said

One of the participants in a recent staff meeting at Naval Regional Medical Center Oakland brought up a lack of telephone courtesy throughout many departments of the hospital.

He made a particularly good point, I think, when he said, "Often it is not what one says, it's the way it is said."

Telephone interruptions to our thoughts and work are sometimes rude and often annoying. On the other hand, the telephone is perhaps one of the most vital communication links in the world, and if we are to function successfully in either our employment or our personal lives we must use the accepted system correctly.

Usually telephone calls solicit information. Sometimes, although we may not personally judge the request to be very important, the information may be vital to the caller. He or she deserves our full attention—and our courtesy. This is particularly true if the one seeking the information is a patient. People who are not feeling well do not need the added pain of putting up with insolence.

Perhaps the "shoe is on the other foot." Maybe we are on deadline for a report or about to take an important step in patient care, and we need information promptly. Do we always ask for it in a polite manner, or are we brusque and demanding?

And then there are the unpardonable and barbarous practices of not answering the phone at all, or neglecting to return a call.

Some of the nicest people one would ever want to meet have atrocious telephone manners. Just the instrument itself, or its bell, turns a warm, human Dr. Jekyll into a ferocious Mr. Hyde. I don't know if any psychological studies have been made on these individuals, but I suspect fear may be the catalyst for their unnatural behavior. These same persons seem to break out in a cold sweat if they must use a dictaphone or other recording device, and really "go bananas" when a radio or TV reporter asks them to speak into a mike.

Regardless of why we act so stupidly over a piece of equipment, we all could brush up a bit on our telephone courtesy, and the image we reflect to our callers. Are we polite and helpful? Is our tone of voice friendly? Do we speak distinctly? Have we identified ourselves and our departments? Do we return our calls promptly? Do we avoid putting the caller "on hold" for long, torturous minutes?

A mere telephone conversation, however brief, can create good will for any service institution. Conversely, it can create the most adverse public relations possible, both for our medical center and for us as professionals. (BB)

Words of wit and wisdom

It isn't the mountain ahead that wears you out, it's the grain of sand in your shoe.

* * *

I finally got it all together but now I can't remember where I put it.

* * *

No wonder I feel so tired—I'm older than I've ever been before.

WITH THE FAMILY



LUCKY WINNER—Prudence Vukman (flowered dress) of Central Appointments recently won a portable television set during a membership drive for Navy Employees' Association. With Prudence when she claimed her prize at the NEA Annual Dinner were (clockwise) Gladys Mitchell, NEA's Oak Knoll representative, Vern Pecchenino, NEA President, and Karl Wilkinson, on the association's board of directors. Memberships are still available for civilian employees of this center through Ms. Mithcell, who also works in Central Appointments.

Lifesaving courses offered in Oakland

A 12-session Red Cross course in advanced lifesaving will begin July 7 at the Temescal Pool, 371 45th St., Oakland. The 7 to 9 p.m. classes will be held Tuesday, Wednesday and Thursday of each week, with the last session slated July 30.

Pre-registration is required by calling Barbara Shumate at the Oakland-South Alameda County Red Cross, 533-2321, Ext. 13.

The course is not for beginners and qualifications for entering the course

aren't simple. Applicants must pass the following swim tests: Perform a standing front dive; swim 500 yards continuously using a front crawl stroke, a sidestroke, a stroke done on the back using an inverted scissors or breaststroke kick, and the breaststroke. Also, students must be able to dive from the surface to a depth of eight feet, swim 20 feet underwater and tread water for one minute. The minimum age is 15.

There is a pool use fee of \$10, payable to the City of Oakland, and a \$2.25 fee for the textbook. Class members must bring swim suits and towels.

BIRTHS



The following additions to the Navy medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Hospital Corpsman First Class Jamie B. Buyayo, PMT School, and his wife Convenia, June 12.

A baby girl to Lieutenant Michael McDonald, Outpatient Service, and his wife Celia, June 15.

A baby girl to Hospital Corpsman Third Class Raymond G. Thompson, Eye Clinic, and his wife Katherine, June 16.

A baby girl to Lieutenant Louis Papp, Pediatrics, and his wife Maryanne, June 18.

A baby girl to Lieutenant Commander Judith M. Rollenhagen, Surgery Clinic, and her husband Robert, June 19.

A baby boy to Hospital Corpsman Third Class Richard Williams, Military Manpower, and his wife Maria, June 19.

A baby boy to Hospital Corpsman John R. Towle, X-Ray, and his wife Dolores, June 22.

A baby girl to Hospital Corpsman Third Class George P. Santos, Alameda Branch Clinic, and his wife Dolores, June 23.

Commissary shop saves 20.7 percent

A price comparison survey conducted by 12 Navy Commissary stores in the Continental U.S. shows customers enjoy an overall savings of 20.7 percent when compared to average commercial supermarket prices.

The survey conducted in November 1980 checked the prices of 85 "market basket" food products and 15 non-food items. The survey showed that prices in produce departments were 27.6 percent below those of commercial stores; meat department savings were 22.4 percent and savings on groceries were 19.5 percent.

Prices were recorded for identical items and included "specials" and promotions being offered by commercial supermarkets during the survey period. Local sales taxes were not included in commercial prices reported.

Price comparison surveys are commissioned by the Navy Resale and Service Support Office in Brooklyn, N. Y., and are conducted twice each year by Navy Commissary stores in different parts of the country. Different commissary stores participate in each survey.

the Military Family

Question: Where does normal punishment end and child abuse begin?

Reply: This is a good question, often asked by parents and professionals working with families. There is no full agreement as to the boundaries of acceptable punishment.

Many parents regard discipline and punishment as identical. They are not, but both are involved in training of children toward socially acceptable behavior. Discipline implies teaching and training for socialization skills not yet acquired. The major portion of our efforts should fall into this category. Parents should:

- provide appropriate models through their behavior,
- communicate to the child on an age-appropriate level what they are asking him or her to do,
- pay close attention in observing the child's behavior, and
- interrupt misbehavior and correct it with word and action.

This requires endless repetition and patience.

Punishment is a response to a breakdown in acquired skills. It need not be physical. It can be verbal, even a facial expression of anger or disapproval. It is a parental response to socially unacceptable behavior over which parents have a right to expect the child to have gained control.

An effective and reasonable approach could be to first interrupt the child's misbehavior, stating that it is unacceptable. Should the misbehavior persist despite this warning, parents should respond punitively by:

- removing the child from the situation and insisting on a "time out,"
- explaining how the behavior is inappropriate, and
- asking the child to think about it.

After a period of removal from the scene, reintroduce the child into the family circle when he is able to explain what he did was wrong and what he has learned by it.

Wide differences exist in parents' orientation toward discipline and punishment. At one end of a spectrum there are the liberal/democratic parents whose training is characterized by providing models, verbal appeal, verbal admonishment, and preparedness to repeat themselves patiently.

At the other end of the spectrum lie the punitive/autocratic parents who live by the adage "spare the rod and spoil the child." These parents tend to be quite physical and at times abusive.

My own experience and orientation lean toward the liberal/democratic approach. Although socialization may take longer to develop, once it operates under the influence of love rather than fear, it is more permanent and can be relied upon as the child becomes an independent adult. It also offers a brighter prospect for loving, respectful relationships between parent and child long after childhood is ended.

Regardless of one's orientation toward discipline and punishment, most reasonable people would agree that the boundaries of normal punishment enter the realm of abuse in the following instances:

- when punishment results in an injury requiring medical attention,
- when an infant less than one year of age is physically punished,
- when a child is hit with a closed fist or instrument, kicked, or thrown, and
- when burns are inflicted on a child.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209.



**Save for a sunny day.
Buy U.S. Savings Bonds.**

OFF DUTY

NRMCO hosts tennis tourney

Naval Regional Medical Center Oakland is hosting the Central Pacific Regional Tennis Tournament to be held July 13-25 on the Oak Knoll courts.

The center is allowed unlimited entries in the following categories:

- Women (all ages).
- Junior Veteran (35-44 years).
- Seniors (45 and older).

Call Ron Brown at Ext. 2350 if you are active duty, fit one of the above categories and are interested in participating.

The Open Division is limited to four entries. Participants in the open division will be selected from the NRMCO Tennis Tournament which began June 15.

Intramural Softball Standings

(Standings through June 18)

Team	Wins	Losses	Pct.
Gen Med	8	0	1.000
Pathology	7	1	.875
MSC	5	2	.714
NP	7	3	.700
Radiology	5	3	.625
Nursing Service	4	3	.571
CPOs	4	3	.571
OR	5	4	.556
Ortho	3	5	.375
Dental	2	6	.250
9 West	1	4	.200
Peds/OB	1	5	.167

MOVIES

Friday, July 3, HOLIDAY. NO MOVIE WILL BE SHOWN TODAY.

Saturday, July 4, 1 p.m.—LEO AND LOREE—Donny Most, Linda Purl—Romantic/PG

Saturday, July 4, 2:35 p.m.—HERBIE GOES BANANAS—Cloris Leachman, Charles Martin Smith—Comedy/G

Sunday, July 5, 6:30 p.m.—ZULU DAWN—Burt Lancaster, Peter O'Toole—Drama/PG

Monday, July 6, 6:30 p.m.—THE AMERICAN SUCCESS COMPANY—Jeff Bridges, Sarah Belinda Bauer—Drama/PG

Tuesday, July 7, 6:30 p.m.—THE ELEPHANT MAN—Anthony Hopkins, John Hurt—Drama/R

Wednesday, July 8, 6:30 p.m.—POPEYE—Robin Williams, Shelley Duvall—Comedy/PG

Thursday, July 9, 6:30 p.m.—LOVERS AND LIARS—Goldie Hawn, Giancarlo Giannini—Romantic Comedy/R

Friday, July 10, 6:30 p.m.—YANKS—Richard Gere, Vanessa Redgrave—War Drama/R

Saturday, July 11, 1 p.m.—UNIDENTIFIED FLYING ODDBALL—Dennis Dugan, Jim Dale—Comedy/G

Saturday, July 11, 2:35 p.m.—RIVALS—Stewart Petersen, Phillip Brown—Drama/PG

Sunday, July 12, 6:30 p.m.—EAGLE'S WING—Martin Sheen, Sam Waterston—Adventure Drama/PG

Monday, July 13, 6:30 p.m.—THE RUNNER STUMBLES—Dick Van Dyke, Kathleen Quinlan—Drama/PG

Tuesday, July 14, 6:30 p.m.—CHARLIE CHAN AND THE CURSE OF THE DRAGON QUEEN—Peter Ustinov, Richard Hatch—Mystery-Comedy/PG

Wednesday, July 15, 6:30 p.m.—ESCAPE FROM ANGOLA—Stan Brock, Anne Collings—Action Adventure/PG

Thursday, July 16, 6:30 p.m.—IN GOD WE TRUST—Marty Feldman, Peter Boyle—Comedy/PG

East Bay USO Center gains high recognition for family program

The East Bay USO Center, one of four operated by Bay Area USO, Inc., has been named by USO world headquarters to receive the Program Achievement Award for its excellent Family Outreach Program.

Just when it seemed reduced and inadequate allocation from United Way of the Bay Area would kill USO in the East Bay, the dedicated volunteers and staff came up with this award-winning program. In 1977 United Way reduced USO's allocation 23.6 percent. The Oakland USO was closed but with the cooperation of the Commander, Naval Air Station, Alameda, space was found on the base for the USO.

Four years ago the USO Board of Directors and the East Bay Operating Committee (all volunteers) decided to switch program emphasis from social

functions to social services for military families. The switch was based on surveys, home visits, consultation with military leaders, families and civilian agencies.

The USO has kept up with the changing needs of military personnel and their families. The USO offers referral services to help those with special problems, using a network to both military and civilian sources for information on child care, financial aid, adult education, employment, or whatever is needed. The East Bay USO sends out welcome aboard packets to other installations and maintains a library of packets from other duty stations for families in transit. The USO loan closet has household necessities available, such as beds, linens, dishes and other items.



HOG ROAST—Dental Service held its annual hog roast/picnic at the picnic grounds June 23. Here Doctor Steve Bryan looks on as Doctor Scott Hadaway bastes the pig. There was food galore, plenty of suds and soda, and even a volleyball game. The two doctors started roasting the hog before 5 a.m. for the picnic which started at 12 noon.

Hawaii's Hale Koa more than hotel

Military families can have a dream vacation come true at the Hale Koa Hotel Armed Forces Recreation Center, Fort DeRussey, Hawaii.

The hotel, recently renovated at a cost of \$3.5 million, is now better prepared to provide first-class rest and relaxation on the beaches of Waikiki. Operated by the Army, but open to members of all services, the Hale Koa is one of the most popular hotels in Hawaii. The hotel was built in 1975 with money generated from post exchanges and clubs around the world.

The Hale Koa is much more than just a hotel. It is a complete recreation center with something for everyone. There are different kinds of dining facilities for all tastes and pocketbooks, lounges, showrooms, a game room, a fresh water swimming pool, and all the water sports that Hawaii provides.

All the hotel's special functions are priced with military discounts. You may attend an authentic Polynesian show, beachside luau, or a lavish buffet overlooking the Pacific Ocean.

Hotel room rates are based on mili-

tary pay. Depending on the view, junior enlisted (E-1 to E-5) pay from \$21 to \$29 a night for a double room. Senior enlisted and junior officers (E-6 to E-8, W-1 and W-3 and O-1 to O-3) pay \$27 to \$48. Retirees and higher grades pay \$36 to \$49.

A limited number of ocean-front rooms are available upon request at additional charge. A single person is charged \$2 less for a room. Children under 12 are free when no extra bed is required.

Reservations at the Hale Koa Hotel are simple to make. A toll free number—(800) 367-6027—connects you directly with the reservation office. Or if you have time, write the hotel directly, requesting the information you need: Hale Koa Hotel, 2055 Kalia Road, Honolulu, Hawaii 96815.

Use of the hotel is strictly limited to military members of any service, active or retired, and their immediate family members. Civilians may stay at the Hale Koa only if traveling on temporary duty orders—ARNEWS.

Tradition—the Navy way

During the U. S. Navy's 205-year history, many traditions and customs have become an integral part of its service. Although the origins of some of these traditions are cloudy, many can still be traced.

MANNING THE RAIL

This custom evolved from the tradition of "manning the yards and cheer" of years ago. Men aboard the sailing ships stood evenly spaced on all the yardarms and gave three cheers to honor a distinguished person. Today, sailors are positioned along the rails and superstructure of a ship when honors are rendered to the president, a head of a foreign state or a member of a reigning royal family. Men so stationed do not cheer or salute.

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.



Friday, July 17, 1981

Sports medicine lecture today

Lewis A. Yocum, M.D., team orthopaedist for the *California Angels*, will speak on sports medicine at 3 p.m. today in the Clinical Assembly. All staff members are invited to attend.

Dr. Yocum, in addition to his position with the baseball team, is associate director of the Centinela-NAHL Biomechanics Laboratory, associate director of the Sports Injury Clinic, National Athletic Health Institute, clinical instructor in orthopaedics at the University of Southern California School of Medicine, and is affiliated with the Southwestern Orthopaedic Medical group in Inglewood.

He is a diplomate of the American Board of Orthopaedic Surgery and is licensed in Illinois and California.

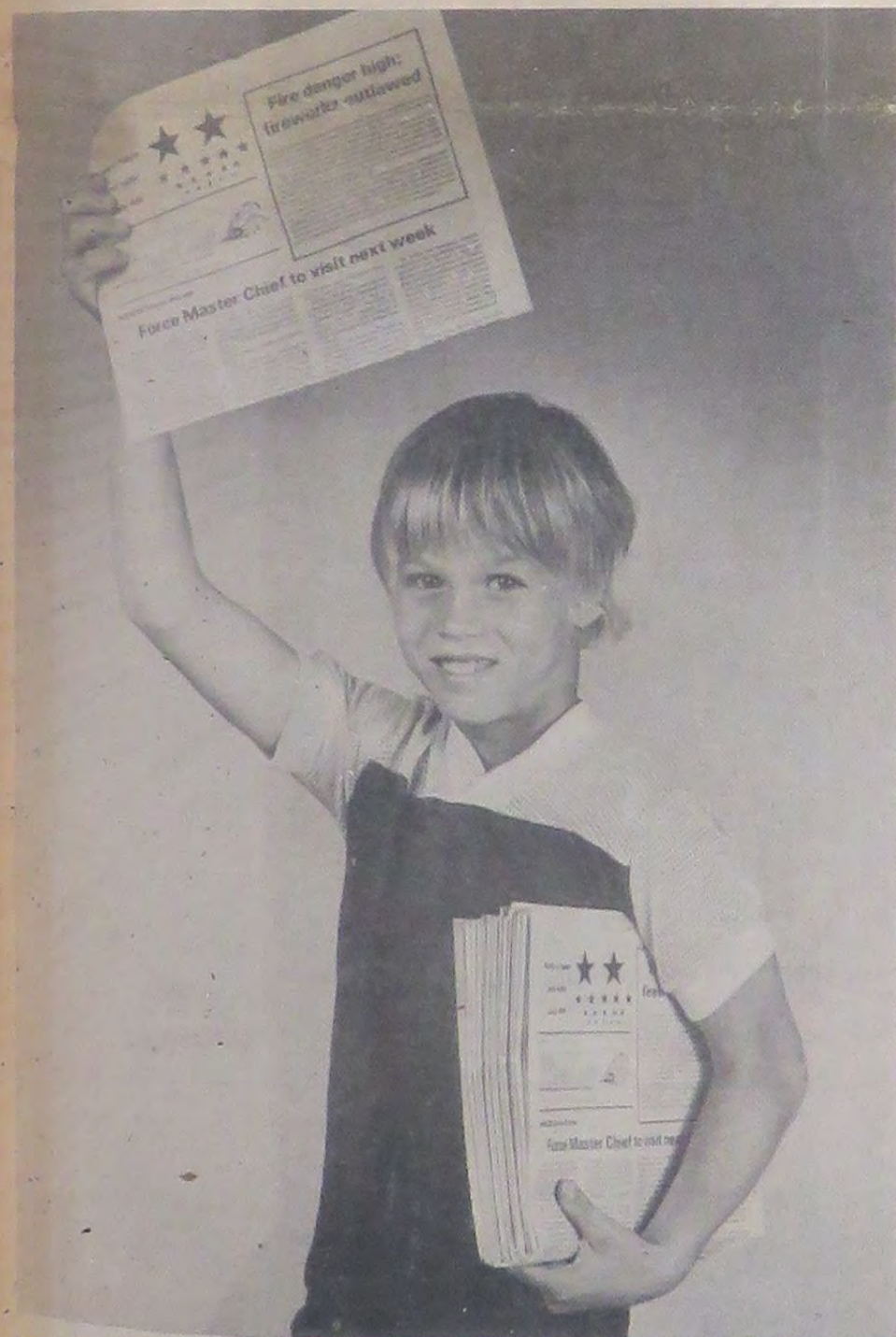
Dr. Yocum earned a bachelor of science degree from Western Illinois University and his doctorate of medicine from the University of Illinois. He served a surgery internship at McGraw Medical Center, Northwestern University, residency in orthopaedic surgery at Northwestern, and a fellow-

ship in sports medicine with Centinela Hospital Medical Center in Inglewood, Calif.

The orthopaedist has been a paramedic instructor at Lutheran General Hospital in Park Ridge, Ill., and at the Illinois Medical Training Center; and an instructor at the Sports Medicine Center and a lecturer, anatomy and pathology, in the Department of Physical Therapy, Northwestern University. He holds numerous professional society memberships and is a committee member on medical affairs for the Commissioner of Major League Baseball.

Dr. Yocum has four professional publications, is a co-author of a monthly column in *Soccer World*, and a member of the editorial board of *Sports Medicine Digest*. He has lectured throughout the states and in Puerto Rico.

His current research involves a study of motion analysis in humans through use of high speed photography and EMGs.



READ ALL ABOUT IT—New carrier of Oak Leaf for one of the officers' family quarter areas is Bowman Fawcett, son of Medical Corps Commander William Fawcett (Pediatrics) and Mrs. Fawcett. Bowman replaces Eddie Panas, who recently transferred with his family to San Diego. These carriers who deliver the hospital paper to family housing areas are young volunteers who receive no pay for their efforts. If you appreciate this service, tell them so.



HEADING OUR DIRECTION—The Navy's famous flight demonstration squadron, the Blue Angels, will perform for the public on Aug. 15-16 at Travis Air Force Base in connection with an Air Expo that will also feature the Royal Canadian Air Force Snowbirds.

Blue Angels to perform at Travis AFB expo

Naval Regional Medical Center Oakland personnel and their families and friends will have a rare opportunity to witness the Navy's Blue Angels precise flying in 3:30 p.m. demonstrations each day on Aug. 15 and 16 at Travis Air Force Base.

In prior years the Angels performed in the Bay Area, but due to congested air traffic around the commercial airports the FAA has ruled against these demonstrations. Therefore, the performance at Travis, about an hour's drive from here, gives Bay Area residents the best opportunity to see the shows.

In addition to the Blue Angels performance, the Air Expo at Travis will feature many other exciting events and exhibits. The 10-plane squadron of the Royal Canadian Air Force will also perform. The Canadian Snowbirds, as they are known, are scheduled for flight demonstrations around 11 a.m. each day.

There'll be numerous military aircraft on display, vintage planes, and exhibits from the Aerospace Industry and NASA. Visitors will even get the opportunity to view rocks brought back from the moon by our astronauts.

Gates will open to the public at 10

a.m. and close at 5:30 p.m. each of the two days. To reach Travis Air Force Base, take Interstate 80 eastbound to Fairfield and exit on the Airbase Parkway exit. This road will lead you to the main gate where traffic signs and base personnel will point the way to the display area.

Want a lift to air expo?

If enough personnel and ambulatory patients are interested, the Naval Regional Medical Center's Special Services will arrange bus or van transportation to the Travis Air Expo, Master Chief Hospital Corpsman Albert V. Marumoto said.

Transportation will be furnished from Oak Knoll to Travis and return on Saturday, Aug. 15, only.

If you are interested in this offer, call Special Services at Ext. 2479.

Demonstrations based on perfect flying skills

Tradition, methods and techniques have been developed by the Blue Angels over their 35 year history. Information is personally passed from one team to the next and from individuals who fly a position to the pilots who are relieving them.

The basic airmanship requirements of a Blue Angel are taught to every naval aviator. As a student, the fledgling aviator learns loops, rolls and formation flying, the themes on which a Blue Angels' demonstration is based. Once a naval aviator receives his wings, he builds on and perfects these techniques in an operational squadron aboard one of our modern aircraft carriers. He may be called upon as a professional military aviator to use his now proven skills in a tactical or hostile environment. A few seasoned naval aviators have the fortune to be assigned for a short time to mold those basic skills of naval aviation into the aerial ballet observed during a Blue Angels flight demonstration.

A Blue Angels flight demonstration consists of six aircraft which perform a prescribed sequence of maneuvers. The aircraft are seen in three components which are: a diamond of four aircraft, two solo aircraft that oppose each other along the line of flight, and all six aircraft in a delta formation.

The precision maneuvers demonstrated by the 1981 Blue Angels are coordinated and continuous tactical techniques developed in practice and actual combat by Navy and Marine Corps pilots. In carrying out this demonstration mission with the A-4F Skyhawk II, the Blues also exhibit the high performance capability of the attack aircraft as well as the high level of training and skill characteristic of naval aviators.

In combat, the tactics that the Blue Angels demonstrate might be flown from treetop level to 60,000 feet. However, for the aerospace enthusiasts who come to watch, the

(Continued to Page 9)

Meet the new interns

Pages 6, 7

EDITORIAL

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



Possibly by the time this is printed, the Selection Board for Chief Petty Officer will have released the results that many outstanding First Class Petty Officers have been awaiting.

The Navy's advancement system is one of the most equitable processes in existence. The Selection Board now convenes once a year to select the most qualified members. Those personnel who scored in the top 60 percent of the Navy-wide advancement examination are placed before the Selection Board and are designated "Selection Board Eligible." In the HM rating there are 996 Selection Board Eligible personnel and the Board will select 276 to Chief Petty Officer. The number selected is based on total Navy vacancies.

Some of the important factors the board takes into consideration, and rarely change, when making a selection for CPO are leadership abilities, duty variations, awards, potential, overall performance, special qualifications achieved, community involvement and off-duty education.

Sometimes certain qualifications are advantages in selection cycles according to the precepts established by the Chief of Naval Operations and may vary from year to year.

From my experience, and from prior selection board results, it appears the personnel that are serving in billets that are considered arduous have a distinct advantage over those who remain in shore duty for extended periods. This does not mean that technical specialties are given any less consideration; what it does mean is those personnel serving on ships, submarines, FMF, etc., are in the forefront and are viewed more favorably. So if you put the total package together with good evaluations, conducive duty assignments combined with all the above, your chances for selection are good. Good luck.

Career Capsules

By HM1 Barbara Heep

In the most recent issue of *Link* (April to June 1981) CDR R. F. Turco, MSC, USN, of the Office of Chief of Naval Operations gave an update on the status of some of the Navy Enlisted Classifications (NEC's).

Cardiopulmonary Technician (8408) current manning is 80.7 percent. A slight improvement in manning has been noted during the past year, primarily due to a higher-than-average retention rate. An additional effort will be required this year to increase retention and encourage additional corpsmen to apply for training in this specialty.

Distributable manning is 73.7 percent for Aerospace Physiology Technician (8409). All training for this specialty is now conducted at Naval Aerospace Medical Institute, Pensacola, Fla. Successful completion of Aerospace Medicine Technician (8406) course is now required of all applicants for training. The NEC is eligible for hazardous duty pay.

Preventive Medicine Technician (8432) is manned at 83.8 percent. Qualified applicants are needed to assist medical officers and environmental health/sanitation officers in epidemiology and environmental health matters. This NEC is eligible for SRB, Zones A and B, Level 1.

Ocular Technician, Advanced (8445) is a relatively new NEC which was created in early 1979 to satisfy a requirement for personnel trained in the advanced treatment and care of patients with ocular disorders. Manning is currently 72.5 percent. Volunteers from the Basic Ocular Community (8444) are needed to fill existing and programmed vacancies.

Pharmacy Technicians (8482) are manned at 85.6 percent. Volunteers who can meet requirements outlined in CANTRAC are needed to fill vacancies which exist both afloat and ashore.

Neuropsychiatry Technicians (8485) distributable manning is 77.3 percent. Training is accomplished in two phases, seven times a year. An urgent need exists for additional volunteers.

Manning in Medical Deep Sea Diving (8493) has remained steady at approximately 86 percent during the past year. The training site has been moved from Washington, D.C., to Naval Diving and Salvage Training Center, Panama City, Fla. Volunteers who can meet the qualifications outlined in the CANTRAC are encouraged to submit their applications. Payment of special diving pay and SRB, Zone A and B Level 6 is authorized.

Dermatology Technician (8495) is manned at 74.5 percent. Selected volunteers in paygrades E2, E3 and E4 are needed to fill available quotas.

Additional volunteers are urgently sought to fill vacant billets as Inhalation Therapy Technicians (8541). Distributable manning is 84.3 percent. Training is conducted at Academy of Health Sciences, Fort Sam Houston, Tex. A strong mathematical background is required.

Sixth Army Commander grateful for Navy support

I wish to express my appreciation for the outstanding support provided by members of the Oak Knoll Naval Regional Medical Center in support of Exercise WOUNDED WARRIOR I during the period of 21-27 May 1981.

During this period your center provided personnel to serve as members of the moulage team and as simulated patients. Your assistance enabled our Reserve Component units to train under realistic conditions and enhanced unit readiness posture.

As you know, WOUNDED WARRIOR I was the largest field medical exercise conducted by the US Army since World War II. The contributions of your personnel were significant factors in the favorable results achieved by this important medical training experience. Please convey to all concerned my sincere thanks for a job well done.

C.M. Hall
Lieutenant General, USA
Commanding

Uncle is not



easily fooled

Promising careers of three armed forces members and a civilian employee were suddenly interrupted when they were caught cheating Uncle Sam recently.

A below-the-zone O-4 selectee had been receiving married rate BAQ for a number of years since his divorce. His protests of "I forgot to stop it," and "honest mistake" were undercut by his annual recertifications of dependency in the years following his divorce. In addition to his Article 15, he must reimburse the government the amount of overpayment—and he will do so from an O-3's pay.

An NCO, described as a sure bet for E-8, packaged concrete blocks and shipped them as household goods in his do-it-yourself PCS move. The inflated weight brought him several extra "bonus" dollars. He got an Article 15, suspended bust and a sizeable forfeiture—several times the amount of his "bonus."

An E-3 selected for special career training reported the theft of his stereo system from his dormitory room. He filed a claim and was reimbursed for the loss. Investigation later revealed the E-3 had sold his stereo to a friend and faked the theft in a scheme to finance a costly new system. His official statement concerning the theft and false claim for reimbursement resulted in an Article 15, and an other than honorable discharge—neither will he go to college at Uncle Sam's expense.

The civilian employee, recently promoted and in line for supervisory duties, filed TDY vouchers claiming air travel and non-availability of government quarters. He was paid accordingly, but the truth was that he used his POV and stayed on base with a friend. His airline and motel receipts were false. He was fired.

The plain fact is that DoD loses huge amounts of money and resources each year through fraud and its non-criminal correlaries, waste and abuse. Who is responsible? There are many popular theories, but the largest contributors, by far, are dishonest people.

These criminals are a small percentage of the honest, professional service family, but their illegal acts disproportionately account for a huge share of the annual loss.

Who pays for the acts of these crooks? **You do!**

What can you do? If you see or suspect an irregularity, discuss it with your commander or other unit official. Or call the local criminal investigation office.

The federal government is gearing up for war against fraud, waste and abuse. The services have already won some battles.

If the war is won, the vigilance and awareness of all members is needed (—taken from an article appearing in *Lowry Airman*, Lowry Air Force Base, Colorado.)

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

New chief of Anesthesiology is also electrical engineer

Captain Donald J. Sass, 47, new Chairman of Anesthesiology Service here, comes from a prior assignment as Assistant Chairman of the Department of Anesthesiology at National Naval Medical Center, Bethesda, Md. He has also been serving as Associate Professor, Departments of Anesthesiology and Physiology, School of Medicine, Uniformed Services University of Health Sciences, also at Bethesda.

A native of Baltimore, Dr. Sass earned both a bachelor's and a master's degree in electrical engineering from Johns Hopkins University, and a doctorate of medicine from Stanford University.

He served his internship and residency at Bethesda, was a medical research officer and head of the Applied Physiology Division at Naval Medical Research Institute, a fellow in cardiopulmonary physiology at Mayo Clinic, a clinical and research fellow in anesthesia at Massachusetts General Hospital, and a research fellow in the same specialty at Harvard Medical School.

Licensed in three states, Dr. Sass is a diplomate of the National Board of Medical Examiners and the American Board of Anesthesiology. He is a member of the American Society for Anesthesiologists, American Medical Association, Aerospace Medical Association, Institute of Electrical and Electronic Engineers, Undersea Medical Society, and the Association for Advancement of Medical Instrumentation.

His honors include a Westinghouse fellowship in electrical engineering at Hopkins, a Hewlett-Packard fellowship in medical electronics at Stanford, a special research fellowship with the



CAPT D.J. Sass

National Heart Institute, and winner of the Eric-Liljencrantz Award of the Aerospace Medical Association.

The specialist has published more than 30 scientific papers and holds two patents—a portable battery-powered instrument for visualizing the peripheral pulse waveform, and time, day and event code generator to identify physiologic events simultaneously recorded on magnetic tape and oscillographic paper.

Dr. Sass is married to a nurse in the Operating Room at this hospital. She is known under the professional name of Lieutenant Commander Eleanor Perry and has also been recently assigned to this medical center.

The couple lives in the Montclair District of Oakland.

Dr. Davis leaves for Naples duty

Captain David Richard Davis, Chairman, Department of Anesthesiology since October 1977, departed NRMCO last week for his new assignment in Naples, Italy. In his place is recently-reported Captain Donald Sass, arriving from National Naval Medical Center, Bethesda, Md.

Davis, who earned his degree from Tulane University School of Medicine, joined the Navy in 1961. He took his internship at National Naval Medical Center, Bethesda, and his residency here at NRMCO from 1962 to 1964.

Since then he has held positions in anesthesiology departments in several naval hospitals, including Charleston, S. C., Yokosuka, Japan; Philadelphia Pa.; returning in 1977 to NRMCO to become Chairman of the Department of Anesthesiology.

Dr. Davis is a Diplomate of the American Board of Anesthesiology and is licensed in Louisiana, South Carolina, and California.

He will be accompanied to his new duty station by his wife Patricia and two of their three children.



ITALY BOUND—Captain D. Richard Davis (left), former Chairman of Anesthesiology Service, receives a farewell handshake from Rear Admiral Walter M. Lonergan, Commanding Officer, upon his departure for new duty in Naples, Italy.

Grooming policy change for certain personnel

Effective immediately, the following grooming policy is in force at Naval Regional Medical Center Oakland:

- Beards will not be permitted for personnel in E-1 through E-3 rates.
- Neither beards nor moustaches will be permitted for brig prisoners, those awarded to correctional custody units, or personnel in a disciplinary holding status.
- Beards are not authorized for personnel assigned to ceremonial units; personnel directly involved in the preparation and handling of food, and all

personnel permanently assigned to Shore Patrol, Security and Armed Forces Police units.

When beards are worn by authorized personnel, they must be neatly trimmed at all times and in strict conformance with the bulk and length standards contained in uniform regulations.

This policy also pertains to patients admitted to the hospital and to personnel who are members of medical holding companies.

Now's the time to buy bonds

The 1981 Savings Bond Campaign at Naval Regional Medical Center Oakland is reaching its halfway point.

With the economy in a state of inflation, it becomes increasingly difficult for most of us to put away savings, but with the safe and sure payroll deduction plan, the small investor can do this at a steady pace in a nearly painless way.

More interest is offered this year, with the rate increased on Series EE Bonds from 8 to 9 percent, compounded semiannually, when the bonds are held to a new maturity, which has been shortened from 9 to 8 years. Yields have also been increased on Series HH Savings Bonds.

Interest accumulated is tax-free until the bonds are cashed, and never subject to state and local taxes.

Lieutenant Commander Patricia Hoggatt of Physical Therapy, the campaign chairperson on base, has released a listing of those at the medical center who are serving as key personnel for the drive this year. They are: Hospital Corpsman Second Class Rory Dunnaway, Primary Care/Emergency; Mr. Juliet Fair, Supply Service; Hospital Corpsman Third Class Ralph Finley, Special Services; Lieutenant Nancy Goddard, Nursing Service; Ms.

Hazel M. Harlow, Civilian Personnel Service; Chief Hospital Corpsman Michael Harms, Preventive Medicine; Mr. Henry Kissel, Management Information Service; Hospital Corpsman First Class Gary Koltes, Laboratory; Hospitalman Sharon Sharretts, Military Manpower; Chief Machinist's Mate Richard L. Spencer, Public Works; Ms. Susan Stark, Comptroller; Captain William J. Storz, Surgical Service; Hospital Corpsman Third Class Ray Thompson, Eye Clinic; Mr. Jerry Wilsford, Outpatient Service; Dental Technician Second Class Joanne Hershenzon, Dental Service; Ms. Elke Thompson, Urology; Mr. Isaac L. Starke, Alcohol Rehabilitation Service; Hospital Corpsman First Class Frank Gillette, Clinical Investigation Center; Captain Sandro R. Sandri, Medical Service; Mr. John E. Campbell, Food Service; Hospitalman Tina Armellino, Pharmacy; Hospital Corpsman Third Class Donald Parker, Radiology, and Mr. Neil Wolf, Dermatology.

If you, too, would like to join those Americans who are salting away a few bucks every payday to educate children, enhance retirement years, or provide an umbrella for the economical storms of life, see one of the above keypersons for ways to go about it.

Chaplain Seiders new head of Pastoral Care Service

Captain Marlin D. Seiders, Chaplain Corps, U. S. Navy, who reported to this command in late May, has now assumed full duty as Chief of Pastoral Care Service, replacing recently retired Captain (Chaplain) Owen Hardage.

Chaplain Seiders, 54, was born in Middletown, Pa. and was educated at Lebanon Valley College. He graduated from United Theological Seminary, was ordained in September 1949 by the Central Pennsylvania Conference of the United Methodist Church, and served parishes at Hillsdale and Grantville, Pa. He pursued postgraduate studies at Temple University and earned a Master of Theology degree from Harvard University. In 1973, Lebanon Valley College conferred upon him the degree of Doctor of Divinity. His recent studies and research have been in sociometry and organizational development.

Chaplain Seiders was commissioned a Lieutenant (junior grade) in the U. S. Navy Chaplain Corps, entered on active duty on Oct. 25, 1951, and was first assigned to Naval Training Center, Bainbridge, Md. After two years with Escort Destroyer Squadron Six in the Atlantic and Pacific Fleets, he was assigned to Naval Training Center, San Diego. Upon completion of duty under instruction at Harvard University in 1957, Chaplain Seiders served with the Third Marine Division on Okinawa.



Chaplain M. D. Seiders

In June 1958 he returned to the Pacific Fleet for duty aboard USS PRAIRIE (AD-15) and was then assigned a tour at Naval Hospital, St. Albans, N. Y. For three years, 1961-64, the chaplain served at Pearl Harbor, Haw., and from July 1964 to August 1966, he was Senior Chaplain at Naval Air Station, Lemoore, Calif.

Chaplain Seiders served in the Republic of Vietnam as Assistant Division Chaplain, Third Marine Division, September 1966 to September 1967. For meritorious service there, he was awarded the Navy Commendation Medal with Combat "V."

From October 1967 to April 1969 Chaplain Seiders was assigned a

(Continued to Page 4)

FOR YOUR INFORMATION



RECENT VISITOR—Rear Admiral Frances T. Shea, Director, Navy Nurse Corps, visited this command June 25-27 and addressed all staff nurses in the Clinical Assembly following a courtesy call on Rear Admiral Walter M. Lonergan, Commanding Officer. She also held individual appointments with nurses, and in her dual role as Commanding Officer, Health Sciences Education and Training Command, conferred with Captain Stephen B. Lewis, Director of the Clinical Investigation Center and his staff.

BUMED officials visit

Commander Fred Jackson, Head of Aerospace Medicine Operations Branch, BUMED, and Commander Norm Dean, Head of Submarine and Diving Medicine, BUMED, visited NRMCO Oakland July 15.

In a presentation in the clinical assembly they discussed operational medicine objectives, occupational and preventive medicine opportunities, future plans, problems and career opportunities.

All new interns attended.

Chaplain Seiders

(Continued from Page 3)

second tour at the San Diego training center. An assignment as Base Chaplain, Naval Base, Guantanamo Bay, Cuba, from May 1969 to July 1970 was followed by duty under instruction at the Naval War College, Newport, R.I.

Subsequent tours provided the officer with extensive supervisory responsibilities as Force Chaplain, Naval Air Force, Pacific; Senior Chaplain, Fleet Support Office, Athens, Greece; Fleet Chaplain, Commander in Chief, U.S. Naval Forces Europe; and Fleet Chaplain, U.S. Atlantic Fleet. For meritorious service as Force Chaplain, Naval Air Force Pacific, he was awarded a Gold Star in lieu of a second Navy Commendation Medal. For meritorious service as Atlantic Fleet Chaplain, he received the Meritorious Service Medal.

From July 1978 to May 1981, Chaplain Seiders was Special Assistant for Pastoral Care to the U.S. Navy Surgeon General.

He is married to the former Nancy Jean Deimler, Ph.D., and the couple is now living in quarters on Yerba Buena Island. Their only child is Lieutenant Commander M.D. Seiders, Jr., Judge Advocate General's Corps, U.S. Navy.

Chaplain Seiders, enjoys hobbies of bridge, golf, sailing and the theater.

Interns, dental residents complete training here

Forty-three medical interns and five dental general practice residents of this center graduated June 30 at 2 p.m. ceremonies held in the Clinical Assembly.

The program consisted of invocation and benediction by Captain Marlin D. Seiders, chaplain; welcome and introductory comments from Captain Dale W. Oller, chairman, Medical Intern Training Committee; an address by Rear Admiral Walter M. Lonergan, Commanding Officer; remarks from Class of '81 graduates Lieutenant Commander Henry G. Adams, Medical Corps, and Lieutenant George D. MacKenzie, Dental Corps.

Certificates were awarded by Dental Corps Captain Richard J. Grisius and Captain Oller and a reception was held at the Officers' Club immediately following the ceremony.

Medical Interns

Of the medical interns, eight lieutenants will remain at Oakland to complete their residencies. They, and their specialties are: Shelley L. Adams, Obstetrics/Gynecology; Barry D. Cohen, Pediatrics; Stephen B. Freeman, Otolaryngology; Thomas J. Geller, Pediatrics; Kevin J. Healy, Anesthesiology; Carolyn F. Mischer, Otolaryngology; Jeffrey D. Upton, Urology, and David S. Young, Anesthesiology.

Those whose new assignments will be aboard ship are: Lieutenant Commander Henry G. Adams, USS WABASH (AOR-5); and Lieutenants Ann E. Bidwell, USS SIMON LAKE (AS-33); Michael G. Fogarty, USS ENTERPRISE (CVN-65); Joseph M. Grant, USS SAN JOSE (AFS-7); Dennis E. McBride, USS WICHITA (AOR-1); Stephen A. Meyers, USS MARS (AFS-1); Thomas A. Niccolai, USS ORION (AS-18); Gregory J. Rumore, USS CORAL SEA (CV-43); John D. Slightam, USS NIAGARA FALLS (AFS-3); Thomas F. Shuey, USS CAMDEN (AOE-2); and Curtis Wilson, USS KANSAS CITY (AOR-3).

Others, and their new duty, are: Judy L. Champaign, Naval Regional Medical Center, Pearl Harbor, Haw.; Clara S. Creighton, Naval Aerospace Medical Institute, Pensacola, Fla.; Charles W. Gehrke, Naval Aerospace

Medical Institute, Pensacola; Stephen D. Giebner, Naval Undersea Medical Institute, Groton, Conn.; Martin J. Griglak, Third Marine Division, Okinawa; Jean A. Grueter, U.S. Navy Support Office, La Maddalena, Sardinia, Italy; Mary E. Hartman, U.S. Naval Hospital, Guantanamo Bay, Cuba; Erick J. Hill, Naval Aerospace Medical Institute, Pensacola; Quince L. Mabry, Naval Aerospace Medical Institute, Pensacola; J. Kevin Mackey, Naval Undersea Medical Institute, Groton; Ronald A. Marcus, Third Marine Division, Okinawa; Thomas E. Marfing, Naval Aerospace Medical Institute, Pensacola; Michael J. McAuliffe and Balaram Puligandla, Third Marine Division, Okinawa; Christine M. Schindler, Naval Regional Medical Center, Guam; Thomas J. Schvehla, Naval Aerospace Medical Institute, Pensacola; Mark D. Stanley, Naval Aerospace Medical Institute, Pensacola; Ramon A. Urdaneta, Third Marine Division, Okinawa; Gerard A. Van Houdt, Naval Aerospace Medical Institute, Pensacola; Joseph M. Wentzell, Naval Undersea Medical Institute, Groton; James K. Wickersham, Naval Undersea Medical Institute, Groton; Andrew P. Zasada, First Marine Division, Camp Pendleton, Calif.

Dental Residents

New billets for the dental corps officers (all lieutenants) who have completed their residencies are as follows: Steven C. Bryan, USS CORAL SEA (CV-43); Glen E. Doyon, USS INCHON (LPH-12); Scott J. Hadaway, Naval Mobile Construction Battalion 1, Gulfport, Miss.; Donald L. Ingalls, USS MIDWAY (CV-41), and George D. MacKenzie, Naval Mobile Construction Battalion 40, Port Hueneme, Calif.

All graduates were excused from duty on May 22 to enjoy a picnic with their families at Tilden Park in the Berkeley hills.

Approximately 500 persons attended a party June 26 in the NRMCO Officers Club where the graduating interns and dental residents welcomed new interns and their spouses with hors d'oeuvres, dancing and skits produced by the Class of '81, along with several awards presented to the graduates and the staff.



Collection sets new high record

This year's Navy Relief Fund Drive was a resounding success!

The command total was \$10,868, and represents an accomplishment which could not have been achieved without the efforts of the keypersons in each area. The amount reflects total teamwork and the support of Navy members.

To each contributor, keyperson and special activities participant—thank you for the efforts and donations which produced the best year ever for NRMCO Oakland's Navy Relief Campaign.

R. P. Owen, Chairman
J. M. Libby, Coordinator

Military Pay Section restricts open hours

The Military Pay Section of the Personnel Support Detachment Oakland is now open only between the hours of 8 a.m. to 3:30 p.m. daily for routine business and pay inquiries.

According to Lieutenant Commander D.R. Sperry, Officer-in-Charge, the reduction in operating hours is not to curtail services, but to enable the pay section to properly process pay accounts of all personnel and to conduct the much needed and necessary in-service training to enhance knowledge of recent changes pertaining to travel and military pay.

Bona fide emergencies, however, will be handled as the need warrants until 4:30 p.m., he added.

Applicants needed for clerk-typist job

Applications are being accepted now through Dec. 31 for an opening for a clerk typist in the Clinical Systems Section of Management Information Service. The salary range is GS-3 \$11,070 to GS-5 \$13,084 per annum.

The person selected serves as a medical transcriber and operates computerized word processing system components. He or she performs various general office duties including answering telephone and referring callers, filing, maintaining adequate stock of office supplies, and typing miscellaneous documents; operates Wang System 30 and System Word Processors and associated peripheral equipment including removable disk drives and packs, diskette drives, Telecommunication Processors and a variety of printers, and translates recorded clinical, administrative, and statistical information from a variety of either written or verbal media sources into designated formatted output.

NEW JERSEY to return

Secretary of the Navy John Lehman recently announced plans to reactivate the battleship NEW JERSEY (BB-62) at the Long Beach Naval Shipyard, Calif.

Secretary Lehman said, "This decision will take full advantage of the existing Navy in-house management team at Long Beach which is necessary to deliver NEW JERSEY on cost and on time. I am personally committed to recommission NEW JERSEY in 21 months and at a cost of \$326 million as promised by the Navy."

Navy ship repairs and overhauls displaced by the NEW JERSEY reactivation at Long Beach Naval Shipyard will be reassigned to the private sector.

In testimony concerning battleship reactivation before the House Subcommittee on Defense, Vice Admiral Robert L. Walters, Deputy Chief of Naval Operations for Surface Warfare, said, "At a unit cost approximating that of a Perry class frigate, the Navy can reactivate and provide essential modernization to one of these dreadnaughts. All are in good to excellent material condi-

tion and have not been subject to material cannibalization over the years."

It is planned to return NEW JERSEY to service by April 1, 1983.

Personnel selected for battleship duty

The Naval Military Personnel Command is identifying personnel for assignment to USS NEW JERSEY (BB-62).

The ship, in storage in Bremerton, Wash., will be reactivated at Long Beach Naval Shipyard, Calif. Re-commissioning is planned for early 1983, with the first increments arriving in January and July 1982.

NRMCO Oakland personnel interested in volunteering for duty aboard this battleship should submit special request chits to the Career Counselor Office.

Friday, July 17, 1981

THE OAK LEAF

--AND EDUCATION

Staff Education in need of instructors

The Staff Education and Training Service solicits qualified applicants from the military staff to fill EMT-1A and CPR Instructor billets.

Personnel must be E-4 or above; have at least one year left at this command after assignment; possess no less than 3.6 overall evaluation mark,

and be EMT-1A or CPR Instructor certified.

Requests for these positions should be submitted on a Special Request Authorization form (NAVPERS 1336/3) via the chain of command and forwarded to the Chief, Military Manpower Service.

New ID cards coming in FY82

Not much is said. A line forms, people move forward quickly. At a certain point in the line each person stops to flash a colored card. Someone stares, then nods. The line moves on as though nothing has happened. The ritual is over.

For almost as long as there have been United States armed forces, this silent ritual—the identification card ritual—has been a part of military life.

Although the ritual itself won't change much, the object necessary to complete the ritual is in for a big change. Long searching for a way to combine the various ID cards used by the services, the Department of Defense has developed a standard ID card.

The new identification card is a fitting innovation for the computer age in

which we now live. It will look much like other membership and purchase-right cards armed forces members and civilians already carry. It will be a plastic card fitted with magnetic coded information tapes, and issued from a central point. Only photographs will be added at local personnel offices.

The new identification system is expected to be adopted soon and the coded plastic cards issued in fiscal year 1982.

The cards will be used also for the military health care eligibility systems due to be in operation by 1983. Other possible uses are for security clearances, local privileges, and administrative data. (Adapted from articles in the *Fort McClellan News* and the *Heidelberg Herald Post*.)

Nurse, library aide jobs open

Applications are now being accepted to fill two positions here at Oak Knoll, one for a job as library technician, GS-1411-4 with a salary range of \$12,058 to \$15,343. The other is for a position as a clinical nurse, GS-690-9 with a salary range of \$19,205 to \$24,785.

Applications will be taken through July 22 for the nurse's position and through July 24 for the library technician's job.

Requirements for the library job are one year general and one year specialized experience.

For the nurse's position, applicants must have active current registration in a state, District of Columbia, the Commonwealth of Puerto Rico, or a territory of the United States. Also applicants must meet requirements published in the Office of Personnel Management Handbook X-118 available in the Civilian Personnel Office. For information regarding this position call Christine Lessler at Ext. 2116.

For information regarding the library job call Nita Quiro at the same extension.

Copy 4 needed to claim VA benefits

The Veterans Administration reminds men and women recently discharged from military service that they must present carbon copy number four of their discharge certificate—not the original—when applying for VA benefits.

Use of carbon copy four is necessary, VA said, because the original of the certificate does not indicate the character of service or type of separation.

In general, eligibility for VA benefits requires discharge or release from military service under other than dishonorable conditions. This information is shown on the carbon copy.

The VA said presentation of copy number four by the veteran will assure

prompt processing of benefit applications. The agency receives another copy of the discharge certificate from the armed services, but this copy normally is not received within the time many veterans apply for benefits.

Additional information about eligibility requirements for specific VA benefits is always available at VA regional offices, located in each state. Toll-free telephone service is available in each state. Telephone numbers are listed in directories or can be obtained from the operator.

Also, information on VA-administrated benefits may be obtained from a local County Service Officer or from a service organization representative.

THE CIVIL LINE

(Editor's Note: Civilian employees comprise approximately one-third of the staff of Naval Regional Medical Center Oakland. They are very important members of the health care team, supporting the military medical cadre and their patients in a myriad of ways vital to the effective operation of this medical center. These team members work in jobs ranging from the trades to clerical, to professionals and technicians. Many are former military members, most are dedicated to the U. S. Navy and the concept of good health care, and all are tax-paying citizens and/or property owners in the East Bay community. They provide the magic ingredient of continuity, an element essential to the proper functioning of any organization. The command recognizes that there is sometimes a gap in communications between these civilian employees and management, and it is hoped that this new feature in *Oak Leaf*, to be devoted to the civilian workers of this center, will close this gap with up-to-date and accurate information on new OPM directives and procedures important to their federal careers and to their productivity here. We hope to touch upon the correct ways to file a grievance; whom to contact when questions arise; rights and benefits; the supervisory chain of command; RIF procedures; available training; health and life insurance programs; preparation for retirement; equal opportunity, awards, etc. Individual cases will not be discussed in this column, but employees desiring BROAD, GENERAL INFORMATION on any appropriate topic may request discussion in the paper. This first column is dedicated to the proper methods of completing the SF-171 application.)

The Standard Form 171 is a document completed by persons seeking employment, as well as reassignment, reinstatement, transfer or promotion within the Federal Service. The principal purpose of the form is to collect information needed to determine qualifications, suitability and availability of applicants. The completed application may be used to examine, rate and/or assess qualifications. A large part of an applicant's qualifications rating depends upon a thorough description of experience and employment history; therefore, sufficient time should be allowed to fill in the SF-171 carefully and completely.

Points to remember include:

- Learn as much as you can beforehand about the job for which you will apply.
- Use a typewriter, if available, in completing the application. Otherwise, write legibly or print clearly in dark ink.
- Be realistic when indicating the lowest grade or pay you are willing to accept. You will not be considered for any position below the level you indicate.
- Describe each job held briefly, including required skills and abilities. If jobs held contained experience in more than one type of work, estimate and indicate the approximate percentage of time spent in each type of work.
- Credit may be given for pertinent religious, civic, welfare, service and organizational work performed, with or without compensation. Show the actual amount of time spent in such work.
- If additional space is needed to describe jobs held, you may continue on a plain sheet of paper. Be sure to identify these continuation sheets by showing your name, birth date, job title and the related item number from the SF-171. (Supplemental experience statement forms are also available.)
- Show complete education and training, awards, commendations, etc. Indicate the dates received.
- Review the application carefully before you sign and date it. Be sure that all questions have been answered correctly and that all statements were considered fully so that your qualifications can be decided on all the facts.

Rent Plus to aid in o'seas housing

The Secretary of Defense has approved a new concept in the payment of housing allowances overseas. The system is called Rent Plus. Under this system service members will be reimbursed for their actual housing costs, plus utilities and initial occupancy expenses, up to a maximum ceiling. The ceiling will be prescribed by pay grade for each overseas geographic area, and will be based on actual housing costs in each area.

Personnel currently receiving an overseas housing allowance will be allowed to continue drawing their current allowances if a reduction in allowances would occur under Rent Plus. This option period will continue for the remainder of a member's overseas tour or for four years from the effective date of country implementation, whichever comes first.

The United Kingdom was converted to Rent Plus on July 1. Bahrain and Puerto Rico will convert later in July, Korea in August and the Philippines in September. Other countries having a housing allowance will be phased in over the next 12 months.

Rent Plus will provide a more equitable means of reimbursing members for

the high cost of housing experienced overseas.

Additional details will be contained in a forthcoming NAVOP.

Medical clerk needed

Applications will be received by Civilian Personnel Service through Monday for the job of Medical Clerk (Typing) in Patient Affairs Service.

The job is a GS-679-4, with a pay range from \$12,058 to \$15,343 per year.

The person selected will process Medical Boards and serve as senior clerk in the branch.

Two years' experience is required to qualify. Applicants will be evaluated on knowledge of medical terminology, ability to meet and deal effectively with others, follow instructions and work independently.

For more details, contact Nita Quiro at Ext. 2116.

Some Mowers Eat Toes.

Better hide yours.



1981 - 1982 Interns

Naval Regional Medical Center, Oakland



MICHAEL R. AMBROSE
University of Mississippi



RICHARD A. BESSETTE
Tufts University



CLARENCE H. BRADDOCK
University of Chicago



MICHAEL A. CUMMINGS
Loma Linda University



ROGER D. DAINER
Kirkville College of Osteopathic Medicine



DANIEL L. DALE
Vanderbilt University



KATHLEEN K. DALE
Vanderbilt University



KARLOTTA M. DAVIS
University of Michigan



PATRICIA A. DUPREY
University of Florida



RICHARD P. ERWIN
Georgetown University



MARK W. FLICK
Kirkville College of Osteopathic Medicine



RANDAL C. FRANKE
University of Southern California



MARK W. GOW
University of California, Davis



FRANK W. HALL
Uniformed Services University



R. SCOTT HAMILTON
Southern Illinois University



JOHN R. HANNIG
University of Minnesota



GARY S. HARRIS
University of Missouri-Columbia



FRANK M. HARTWICK
Loma Linda University



RHETT H. HASELL
Medical University of South Carolina



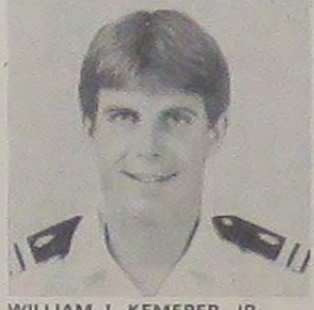
KONRAD E. HAYASHI
Uniformed Services University



LAWRENCE M. HOLM
Uniformed Services University



EDWARD W. JEWELL, III
Georgetown University



WILLIAM J. KEMERER, JR.
Uniformed Services University



JEFFREY S. KNEISL
Northwestern University



RICK A. KUKULKA
Ohio State University
(Due to report Oct. 1, 1981)



LÉO KUSUDA
Washington University



PETER B. LETARTE
Northwestern University



BERRY E. LEWIS
University of Illinois



MARC S. MURAMATSU
St. Louis University



STEVEN R. MYRICK
Jefferson Medical College



ALISON C. NASH
Baylor College of Medicine



JOHN H. OLDERSHAW
Chicago Medical School



J. KEVIN PIDKOWICZ
Oklahoma College of Osteopathic
Medicine



MARSHA G. PIERDINOCH
Northwestern University



MARK A. RICHARDSON
University of California, Davis



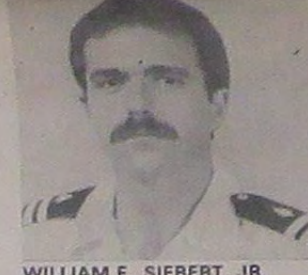
DOUGLAS C. RIEHLE
Georgetown University



LOUIS J. SAPORITO
Albert Einstein College of Medicine



LOUIS S. SARBECK
University of South Florida



WILLIAM F. SIEBERT, JR.
Kansas City College of Osteopathic
Medicine



DAVID J. SMITH
Northwestern University



MICHAEL A. TURNER
University of Minnesota



MARK J. WAGNER
Georgetown University



SUSAN J. WALKER
Uniformed Services University



RONALD J. WILLIAMS
University of Washington



KYLE S. WILLS
University of Nebraska



DENNIS A. WILSON
Uniformed Services University

Dental General Practice Residents



PHILIP R. ECKMAN
University of Maryland



MICHAEL J. KAURICH
Marquette University



SHIRLEY A. NYLUND
Harvard University



ROBERT S. ROLLEY
Medical College of Virginia-Dental



CARL K. WIGGERS, JR.
Emory University



Welcome aboard!



PEOPLE MAKE NEWS



10 YEARS LATER—Seven former interns of Naval Regional Medical Center Oakland, Class of 1970-71, held a recent reunion dinner at the Treasure Island Officers' Club. Pictured are (left to right, standing): Dr. Charles M. Owen, dermatologist in private practice in Seattle; Dr. Robert Sigafos, dermatologist in private practice in La Jolla, Calif.; Commander Ben Simmons, Chief of Surgery, NRMCC Long Beach; Commander Robert Harris, Chief of Neurosurgery, Brooke Army Medical Center, Texas; Commander Richard Lang, Family Practice, NRMCC Long Beach; Commander James Schneider, Orthopedics, NRMCC Oakland, and seated, Commander Arthur B. Kliefoth, Assistant Chairman, Neurosurgery, NRMCC Oakland. Out of a class of 26, six are still in the Navy. Commander Richard M. Manjerovic, now a staff pediatrician at Naval Submarine Medical Center, Groton, Conn., and retired Navy Captain Vern Goller, the class's intern advisor now practicing in Montana, were unable to attend the reunion.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Captain David R. Davis, MC, Chief, Department of Anesthesiology, to NRMCC Naples, Italy.

Commander Fang Lin, MC, to 29 Palms.

Commander Marcia Sherrard, NC, to Camp Pendleton.

Lieutenant Commander Lawrence Smyth, MC, to Orlando, Fla.

Lieutenant Commander Lolita Chiong, MC, to Lemoore Naval Hospital.

Lieutenant Commander Warren Tucker, MC, to Charleston, S. C.

Lieutenant Commander Loretta Griffiths, NC, to Camp Pendleton.

Lieutenant Commander Michael Johanek, MC, to Third Marine Division.

Lieutenant Commander John Bartow, MC, to Bremerton, Wash.

Lieutenant Commander Donald Rowell, MC, to Portsmouth, VA.

Lieutenant Patricia O'Fallon, NC, to Great Lakes.

Lieutenant Jon Mason, MC, to Yokosuka, Japan.

Lieutenant Glen Butner, MSC, to NRDC Treasure Island.

Lieutenant Barbara Reddy, MC, Newport, Rhode Island.

Lieutenant Dennis Steffen, NC, to Pensacola, Fla.

Lieutenant William Shurley, III, MC, to Yokosuka, Japan.

Lieutenant Gwendolyn Boatman, MC, to Yokosuka, Japan.

Lieutenant Roark Hayes, NC, to Yokosuka, Japan.

Lieutenant Terry Cook, NC, Okinawa, Japan.

Lieutenant (Junior Grade) Ann Bien, MSC, to Rota, Spain.

Ensign Kathleen McEvoy, NC, resigned.

Master Chief Dental Technician Clotilda Julani, to NRDC Treasure Island.

Chief Hospital Corpsman Lewis Klien, to Fleet Hospital Support Office, Port Hueneme, Calif.

Hospital Corpsman Second Class Stanley Lofland, to Third Marine Air Wing, El Toro, Santa Ana, Calif.

Hospital Corpsman Third Class Jimmy W. Hassler, to NRMCC Japan.

Hospital Corpsman Third Class Jackie Richardson, to Yokosuka, Japan.

Hospital Corpsman Third Class Shirley S. Levasseur, honorably discharged.

Hospital Apprentice Dawn Walker, to Subic Bay, Philippines.

Hospital Apprentice Robert Bateman, USS CORAL SEA.

Hospital Apprentice Danny Arellano, honorably discharged.

Hospital Recruit Delaine Fields, to Subic Bay, Philippines.

"Welcome aboard" to newly arrived:

Captain Georgia Johnston, NC, Nursing Service

Lieutenant Commander John Bright, MC, Radiology Resident

Lieutenant Commander Donald Bliss, MC, Internal Medicine

Lieutenant Commander Gill Taylor-Tyree, MC, Radiology Resident

Lieutenant Commander Michael Kleine, MC, Pathology Staff

Ensign Steve Carlton, Clinical Clerk

Lieutenant David Anderson, NC, Nursing Service

Lieutenant William Noble, MC, Radiology Resident

Ensign Joseph Torkildson, Clinical

Clerk

Ensign Wayne Easter, Clinical Clerk

Ensign James DeMarco, Clinical Clerk

Ensign Jim Gray, Clinical Clerk

Ensign David Spencer, Clinical Clerk

Ensign Steve Carlton, Clinical Clerk

Hospital Corpsman Third Class Michael Boitel, Inhalation Therapy

Hospital Corpsman Third Class Shelly Crawford, Nursing Service

Hospital Corpsman Third Class Jeff Perritte, Nursing Service

Hospital Apprentice Geano Chambers, Nursing Service.

Former shipmate returns to Navy

Hospital Corpsman Second Class Ann Marie Donelson, a former staff member of NRMCC Oakland's Treasure Island Branch Clinic, has reenlisted in the Navy after a period of separation from service.

The former shipmate reenlisted at Navy Recruiting District, Houston, Tex., and is now in Monterey pending reassignment for training as a cryptographic technician interpreter.

Intern is Kansas grad

William F. Siebert, Jr., one of Oak Knoll's new interns, was among 145 students recently receiving the Doctor of Osteopathy degree from the University of Health Sciences—College of Osteopathic Medicine in the Music Hall of Municipal Auditorium in Kansas City, Mo.

The 1981 commencement was the 95th for the UHS-COM and increased

Kudos...

Navy Achievement Medals

Lieutenant Glen Butner, Medical Service Corps (detached)

Hospital Corpsman Second Class Charles Frye (for duty at NRMCC San Diego)

Letters of Commendation

Captain D. Richard Davis, Medical Corps, (detached)

Commander Marcia Sherrard, Nurse Corps (detached)

Lieutenant (junior grade) Ann Bien, Medical Service Corps (detached)

Master Chief Dental Technician Clotilda Julani (detached)

Hospital Corpsman Third-Class Jackie Richardson (detached)

Residency Certificates

Lieutenant Commander Michael Johanek, Psychiatry (detached)

Lieutenant Commander William Rogers, Psychiatry

Lieutenant Commander Robert Baxley, Psychiatry

Lieutenant Commander Donald Rowell, Ophthalmology (detached)

Commander Fang Lin, Pediatrics (detached)

Lieutenant John Mason, Pediatrics (detached)

Lieutenant Barbara Reddy, Pediatrics (detached)

Lieutenant Commander Lawrence Smyth, Pathology (detached)

Lieutenant Commander Warren Tucker, Pathology (detached)

Lieutenant Commander Sheldon Werner, Anesthesiology and Cardiovascular Anesthesia

Lieutenant Commander James Pitts, Anesthesiology

Lieutenant Gwendolyn Boatman, Anesthesiology (detached)

Lieutenant William Shurley III, Anesthesiology (detached)

Lieutenant Commander Michael Mullen, Oral Surgery

Commissionings

Ensign Danny Barron, Medical Service Corps

Lieutenant William Siebert, Medical Corps (intern)

Promotion

To present rank, Lieutenant (junior grade) Ronald Karliner, Laboratory Service

Frocking

To the rank of Lieutenant Commander, Lawrence Kiselica, Dental Corps

Reenlistments

Hospital Corps First Class Danny Gray, X-ray

Hospital Corpsman Second Class Douglas Pike, Preventive Medicine Service

Hospital Corpsman Second Class Thomas Bowman, Preventive Medicine Service

Good Conduct Awards

Hospital Corpsman Second Class Francis Girotti

Hospital Corpsman Second Class James Hollis

Hospital Corpsman Second Class Jessie Torres

Dental Technician Third Class Diane Vaujin

Hospital Corpsman Third Class Bradford French

its alumni to more than 4,100 physicians practicing medicine in all 50 states and numerous countries. The UHS-COM, with 624 medical students, is the largest college of medicine in the state of Missouri.

Dr. Siebert, son of Pauline J. Siebert of Wayland, Mass., and William F. Siebert, Sr., of Winchester, Mass., is a 1977 BA degree graduate of Bowdoin College Brunswick, Maine.

-- AND MORE NEWS



PASSING THE BULL—With his promotion to the rank of Lieutenant (junior grade), Ronald M. Karliner (left) of Laboratory Service relinquishes custody of the traditional bull to Ensign Michael W. Biggs of Operating Management. Mr. Biggs is now the "bull ensign" of the command.

PMT students complete study, depart for new duty stations

Preventive Medicine Technician School Class 93 graduated in local ceremonies on July 10. The students completed a 26-week course involving all aspects of preventive medicine.

Force Master Chief Steve Brown, visiting from his headquarters in Washington, D. C., was the guest speaker for the ceremony.

Following is a list of the graduates and their new duty stations:

HM3 Anthony J. Carotenuto, USS GUAM (LPH-9) Norfolk, Va.

HM2 Raymond F. Dixon, Mountain Warfare Training Center Bridgeport, Calif.

HM2 Daniel L. Drummond, National Naval Medical Center, Branch Clinic, Bethesda, Md.

HM1 Thomas J. Foley, Naval Regional Medical Center Key West, Fla.

HM3 Charles D. Haner, Naval Regional Medical Center Camp Lejeune, N. C.

HM3 Mark S. Hatfield, Third Marine Division, FMFPAC Okinawa, Japan.

HM3 Charles R. Hayden, Second Force Service Support Group, FMF Camp Lejeune, N. C.

HM3 Ronald I. Hernandez, Naval Regional Medical Center Oakland, Calif.

HM3 David C. Hewens, Naval Regional Medical Center Portsmouth, N. H.

HM2 James P. Hollis, USS CAMDEN (AOE-2) Bremerton, Wash.

HM2 Jeffrey M. Little, Naval Hospital, Naples, Italy.

HM3 Jill K. Lyons, Naval Hospital, Roosevelt Roads Puerto Rico.

HM3 Timothy V. Minor, USS McKEE (AS-41), Bremerton, Wash.

HM3 Christina P. Niemeyer, Naval Regional Medical Center Okinawa, Japan.

HM3 Jimmy Ruiz, Naval Hospital, Roosevelt Roads, Puerto Rico.

HM3 Eric C. Savader, USS SEATTLE (AOE-3), Norfolk, Va.

HM3 Jonathon G. Soo, Third Force Service Support Group Okinawa, Japan.

HM2 Jessie V. Torres, Naval Regional Medical Center Jacksonville, Fla.

HM3 Gregory L. Usrey, USS HUNLEY (AS-31), Charleston, S. C.

HM3 Donald E. Walker, USS SAIPAN, (LHA-2), Norfolk, Va.

HM1 Robert C. Washburn, First Marine Airwing, FMFPAC Okinawa, Japan.

HM1 Michael J. Wisse (USCG), USCG Air Station, Borinquen, Aguadilla, Puerto Rico.

HM3 David N. Wolfert, USS NASSAU (LHA-4), Norfolk, Va.

HM2 Judith A. Young, Naval Regional Medical Center Guam, Mariana Islands.

Oak Knoll volunteer cited by Marquette

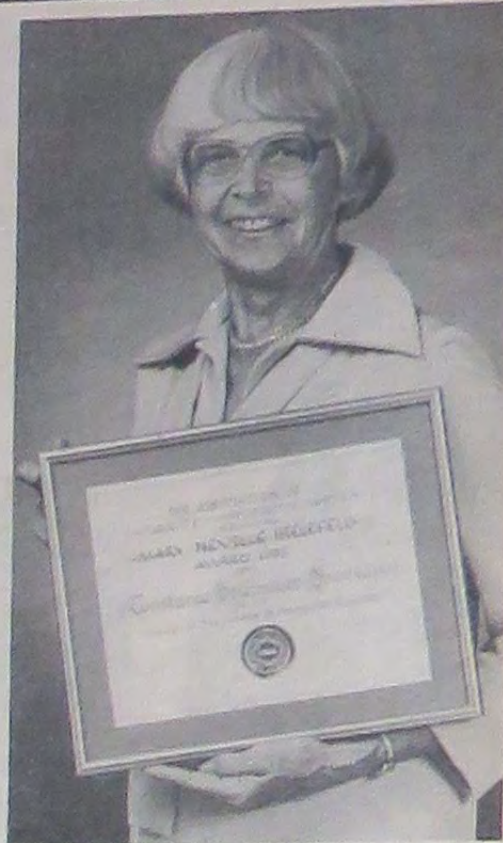
Mrs. Constance Brielmaier Donovan, who has been a volunteer at Oak Knoll for some nine years, recently received the Mary Neville Bielefeld Award from the Association of Marquette University Women (AMUW).

The award, named after one of the university's women pioneers who earned a medical degree, is presented annually to an alumna outstanding for her loyalty to the ideals of Marquette University. The award was presented June 14 during the university's centennial reception in Milwaukee.

Mrs. Donovan helped found AMUW and served as its first president. At that time only about 10 percent of the student body were women. They had no dormitory, but through the efforts and ingenuity of Mrs. Donovan and several of her fellow coeds, a boost from her father, a noted architect, and a small loan from the university, they took over a building and made it home for 100 women students. They had the loan paid off within three years and in the late 1940s built a new building. In more recent years, two more buildings were purchased for women's dorms and in 1951, these housing units were turned over to the university, together with the \$500,000 equity built up by AMUW.

A 1934 graduate from the Marquette College of Business Administration, the former Miss Brielmaier married Leo Donovan, a 1931 graduate of the Law School, who is now deceased. The couple moved to California in the late 1940's and established residence in the Montclair district of Oakland. They have a daughter, Mary K. Donovan.

Mrs. Donovan was Veteran's Coordinator for the California College of Arts and Crafts, retiring in 1960. While her daughter was growing up, she served voluntarily with the PTA for eight years and the Girl Scouts, five.



Mrs. Constance Donovan

Since 1972 she has been assisting Mrs. Kay Barnett in a ceramics rehabilitation/recreation program for patients on the seventh floor of this hospital. The two come out to Oak Knoll every Thursday at their own expense to teach this craft. The program is supported by donations from the Fleet Reserve Association and from individual contributions.

Top 1981 sailors announced by Navy

The Sailors of the Year for 1981 were announced last week by the Chief of Naval Operations, Admiral Thomas B. Hayward.

They are: ABE1 Nelson C. Tabinga, Pacific Fleet Sailor of the Year, (Continued to Page 11)

Perfect flying skills

(From Page 1)

Blues bring all maneuvers down to eye level. Bringing it down involves performing at low altitudes, and demonstrating tactical skills taught student pilots at high altitudes, to demonstrate to the public the kind of aerial teamwork which has paid off for Americans in actual battles from Midway to Vietnam.

During the winter training cycle the diamond pilot starts at a great distance from his comrades and slowly moves closer as high confidence and ability increase. Eventually the formation draws itself as close as is humanly possible to fly while at the same time offering a confident margin of safety. With complete wing overlap, this may mean a mere arm's length from canopy to wingtip. However, at no time is a maneuver or formation flown in which each of the pilots does not have 100 percent confidence in his own ability and that of the other three pilots to complete the task.

To cross the threshold of the Blue Angels experience, each pilot must offer his complete mental and physical concentration to the task at hand.

This total concentration is devoted entirely to maintaining the same relative position on the leader and the other wingman. However, each pilot must also consciously concentrate on the constant radio chatter which accompanies each movement of the formation. Foremost, he must stay mentally

ahead of the sequence of events and know at all times his relationship to the other aircraft in the formation and the ground below. All of these items are accomplished through practice and discipline developed over hundreds of hours of flying tactical jet aircraft.

The two solo pilots demonstrate the high performance capabilities of their aircraft. In order to dramatically emphasize each maneuver they oppose each other along the flight line at a closing velocity of 1,000 miles per hour and attempt to establish a collision effect from the crowd's perspective. This collision effect or "hit" should take place at the exact center point of the flight line. To do this requires exact timing.

The solo pilots train for their portion of the demonstration as a separate entity from the diamond and solos are different.

The same degree of concentration is required of the solo pilots. However, now the focus is on exact timing and precise consistency of each maneuver while operating in a very low altitude environment. The importance of timing is illustrated by the fact that for every one second of error a maneuver is displaced 1/8 of a mile.

The lead solo pilot sets the flight path and the movement of his aircraft in a uniform pattern so that the opposing solo will be able to match his every move. This requires that each pilot be able to fully anticipate the other's

actions and that he knows without fail the sequence of events to take place. The preparations by the solo pilots through more than 200 hours of practice during winter training result in what is breathtaking accuracy on the day of the performance. Daily practice allows the solo pilots to descend to and complete their maneuvers at altitudes below 100 feet and be 100-percent safe.

Of course both the diamond and the solos must constantly be aware of each other and closely coordinate their timing and physical locations to ensure that the demonstration will move smoothly without long lull periods.

A final illustration of aerial teamwork is shown when all six aircraft rendezvous into a delta formation and perform looping and rolling maneuvers. This is followed by a formation landing of four or six aircraft, depending on the length and width of the runway in use.

Teamwork, precision, and discipline are not confined to the aerial demonstration but are also present in every Blue Angel operation. This is evidenced in the orderly manner in which the pilots man and taxi their aircraft as well as their deplaning procedures.

Each Blue Angel's performance, his pride, dedication and professionalism are representative of an image that is fleetwide, an image that has resulted in a long-lasting tradition of naval aviation.

SPEAKING OF HEALTH CARE



GOLDEN PINTS AWARD—Irwin Memorial Blood Bank President Andrew F. Klase (left) presents a Golden Pints Award to Captain Joseph Smyth, Director of Clinical Services, who accepted the plaque in behalf of Navy donors who contributed more than 1,600 pints of blood during 1980. The award was made during a recent dinner marking Irwin's 40th anniversary.

(Photo by Karil Daniels)

Irwin Memorial marks 40 years

From five pints a day to 500 pints a day...

From makeshift rubber tubing and glass bottles to computerized equipment and specially-designed plastic bags...

From improvised offices in the basement of a San Francisco mansion to a modern medical facility...

It all happened over a 40-year period at Irwin Memorial Blood Bank of the San Francisco Medical Society. In mid-June, Irwin Memorial, the nation's first, non-profit, medically-sponsored, community blood bank celebrated this milestone anniversary.

Irwin Memorial has come a long way since it opened its doors to the first five blood donors on June 17, 1941. Organized by a group of San Francisco physicians, the blood bank was housed in its early years in the former family home of William G. Irwin, whose descendants had contributed the seed money for the blood bank's formation. Described as the "old mansion" by donors of the era, the Irwin home provided a spectacular setting, with marble fireplaces, beveled mirrors, Tiffany stained-glass windows and crystal chandeliers. Blood was donated in the former ballroom; plasma was stored in the old wine cellar. But by the mid-50's, the Blood Bank had outgrown the home and had built its own modern facility at 270 Masonic Avenue, where it is still located.

Being the first blood bank of its kind, Irwin Memorial became known as a "pioneering blood bank." Its leaders helped design one of the first blood bottles. They operated the first mobile blood collection in the country. They originated the "credit system" and the blood replacement policy that would be widely copied by other blood banks throughout America.

The service area grew as the need for blood grew. In 1954, the Blood Bank opened its first auxiliary center in Redding. In 1961, it added a center in

San Rafael; in 1962, one in Vallejo, and in 1975, it opened the Downtown Donor Center at 760 Market St., San Francisco. The demand for blood was growing steadily in response to medical advancements—the advent of open heart surgery, hip replacement surgery, kidney transplants and other procedures that now are taken for granted. Meanwhile, scientists learned how to separate whole blood into its component parts—red cells, platelets, plasma, "cryo," and other products—to help leukemia patients, hemophiliacs, anemia patients and others with blood disorders. Plastic blood collection bags replaced the glass bottles, and computerized centrifuges were installed to obtain white cells and platelets from donors, in order to help patients with leukemia and aplastic anemia.

Over the years the Blood Bank has collected nearly three million pints of blood from volunteer donors. Today, 10,000 donations are needed each month. Irwin is the only supplier of blood for its eight-county service area, which includes 43 hospitals.

Among blood banks, Irwin has also been a leader in education, in the development of donor recruitment techniques, in tissue typing and various investigative laboratory work. Its Executive Director, Bernice M. Hemphill, originated the clearinghouse program of blood and credit exchanges to help people throughout the country. She has received blood banking's highest honors, and was the first woman to be elected President of the American Association of Blood Banks in 1975.

Irwin's success has been due to the people who support it—donors of blood, service or money. In no charitable effort do people come forward to offer such a personal gift as blood. The gift is made anonymously, and the reward is nothing tangible—a thank you and the personal satisfaction of a humanitarian act.

Oak Knoll's association with Irwin

New specialty clinic to focus on tinnitus

By Charles Fankhauser, Ph.D. and John Branch, Capt. MC, USN

Tinnitus is a medical term which is used to describe ringing in the ears. Everyone experiences tinnitus at one time or another, but it usually lasts only from a few seconds to a minute or two. In some persons, however, tinnitus can be present continuously; in these cases the tinnitus may be an indication of an underlying medical problem.

Usually tinnitus is a subjective symptom. It may affect one ear or both ears, or be present elsewhere in a sufferer's head. It may be described as a loud or soft, continuous or intermittent, high—or low-pitched, steady state of pulsating, ringing, roaring, hissing, or buzzing sound. In many cases, following a thorough medical examination, an underlying treatable medical problem is not uncovered, and the sufferer is faced with a prospect of learning to live with this sound. This can be a matter of no small consequence to a person, and this fact has been recognized in some states through industrial compensation awards for tinnitus.

At present the Department of Otolaryngology and Head and Neck

Surgery at NRMCOakland is evaluating the effectiveness of four methods for treatment of tinnitus: hearing aid use, a tinnitus masker (an externally worn device similar to a hearing aid), a combination tinnitus masker and hearing aid, and environmental controls. It is notable that each of these treatment methods are noninvasive outpatient procedures.

It has been observed that use of a tinnitus masker and/or a hearing aid has a remote potential for impairing human hearing; this potential probably exists in a small fraction of the general population. This, too, is an important part of the present investigation. A weekly specialty clinic has been established for selected tinnitus sufferers. Patients may be referred to this clinic from the general ENT clinic. Those accepted for this clinical trial evaluate each of the four treatments over a 10-week period. Refer interested patients to NRMCOakland Central Appointments Services (2501) or by physician referral for consultations to the ENT clinic.

For those who may not have heard, family must be enrolled in DEERS

Active duty personnel and retirees who have moved to the Bay Area over the past few months should check with their personnel office to enroll their dependents in DEERS.

DEERS, the Defense Enrollment Eligibility Reporting System is a mandatory program for checking eligibility for DoD health care benefits. This program has been operational here since Nov. 1, 1980. Nationwide, some 5.46 million persons have now been enrolled over a four-region area.

According to Lieutenant Michael L. McDonald of Outpatient Service, the system is working well here. He said approximately 70 percent of all patients reporting for care at this hospital have been previously enrolled in the program.

When an individual enters Naval Regional Medical Center Oakland, his or her eligibility for treatment is checked through a computer terminal or telephone hook-up.

The checks are made against a data base containing information on those eligible for Department of Defense

benefits. Enrollment onto the data base is automatic for all active duty personnel and retirees receiving annuities. However, it is the sponsor's responsibility to enroll his or her eligible dependents. Retirees not receiving annuities and survivors must enroll themselves, as well as their dependents.

Enrollment into DEERS is being implemented on a phased basis across the country. DEERS will be operational throughout the entire continental United States by the fall of 1982, and by the end of 1983, in U.S. Military installations overseas.

Until implementation is complete and the data base accurate, no one will be denied medical care if he or she is not enrolled in DEERS. The individual's health care needs remain paramount and treatment will not be denied. However, once DEERS is fully operational, those who are proven ineligible for treatment may be billed for the services they received.

For information on what is needed to enroll your dependents in DEERS, contact the Personnel Support Detachment on base.

Memorial Blood Bank dates back to 1964, with the first formal memorandum of understanding signed in 1970. Under this agreement

- The medical center provides the blood bank with access to local naval facilities for the purpose of collecting volunteer blood donations;

- Irwin provides processed blood products, derivatives and services requested by the medical center;

- A blood fund provides the means of accounting for exchange transactions between the Blood Bank and the medical center; and

- Usable units of unprocessed blood collected by the Blood Bank on behalf the medical center are posted in the blood fund as replacement donor credits.

Weighty Matter



Thanks to differences in gravity, a 100-pound person on Earth would weigh 17 pounds on the moon and 254 pounds on Jupiter, the National Geographic Society says.

WITH THE FAMILY

the Military Family

Question: Will my overseas deployment be psychologically harmful to my children? If so, can I do anything to prevent this?

Reply: A father's prolonged absence increases the probability for development difficulties in the children. It is certainly a significant psychological stress for developing children, especially in a male child.

Initially one may expect to see in the children signs of emotional upset. With time there comes a settling-in phase of more comfortable adaptive behavior. When the father returns, one commonly sees a period of difficulty once again relating to the re-integration of father into the total family scene.

Such childhood anxiety is not limited to the military; it is common in all walks of life, particularly at certain key times in a child's development. Parental separation of indefinite length can be permanently damaging to a child's psychological development and physical growth. Temporary absences in the military are unique in that they are "time limited." But they are also socially appropriate within the child's community environment.

To some degree children will usually manifest a sense of fearfulness, anxiety, increased hostility and aggression, enhanced dependency on mother, and a lessened ability to get along with friends. A boy may seek to take on father's status within the family. The effects on children of a father's absence in large measure reflect the mother's adjustment to her husband's absence. Women who have a "sex role adaptability" are able to minimize the negative impact of separation. By that we mean the mother becoming expressive and assertive regarding child training and disciplining. She should be prepared to involve herself in her son's activities to the best of her ability. The flexibility of these women allows them to relinquish their paternal role upon the father's return and to work for the father's re-integration into the family.

This does not always go easily; the hard-won, new role tends to be held onto by the wife after her spouse returns.

So far, we have focused on the negative impact of a service family's separation. On the positive side is the fact that separation can foster maturity and is, indeed, growth-inducing. It prepares children for the separations they will ultimately face during their lifetimes.

A family anticipating father's deployment would do well to prepare itself before the actual departure. Thinking and talking about it are helpful. The mother should prepare to expand her parental role by anticipating what this might involve and by discussing it within the family while father is still at home.

Many military commands do have preparedness groups for both parents and children in an effort to help them anticipate and adjust to the ensuing changes. In addition, general community support during the separation can help immeasurably.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209.

Free teen film opens July 26

"Action!" a film starring the family life theater company, Teens 'N Theater, will have its first showing Sunday, July 26, 1 p.m. at the Roxie Theater, 3117-16th Street, at Valencia in San Francisco. The premiere is free and open to the public.

The 30-minute color film traces development of a group of multi-ethnic urban teenagers from audition-line hopefuls to full-fledged peer education theater company. The film also explores communication, sexuality and changing male roles through documentary, interviews and dramatization.

"Action!" will be distributed nationally as a teaching aid to high school family-life classes, drama classes, parent groups and teen clinics.

This is the first film for Teens 'N Theater, whose 14 members are all San Francisco high school students. The group has presented 23 performances in the greater Bay Area since it was founded in September, 1980. It is the first teen theater company of its kind on the West Coast.

Teens 'N Theater is sponsored by UC-San Francisco and is affiliated with UCSF's Teen Family Planning Project at San Francisco General Hospital Medical Center. Funding for the group and for production of the film is provided through the California State Office of Family Planning.

Terry Looper, MPH, produced the film and directs the Teens 'N Theater project. Looper, who teaches family life education, describes "Action!" as very

different from most other educational films.

"The film looks at the way teenagers communicate with each other, and should be a good opener for group discussion," says Looper. "We've had fantastic response to the live performances Teens 'N Theater has given, but we can't take the group everywhere. This is a good way to reach more people."

Looper has previously produced nine bilingual films on prenatal education, birth and postpartum care.

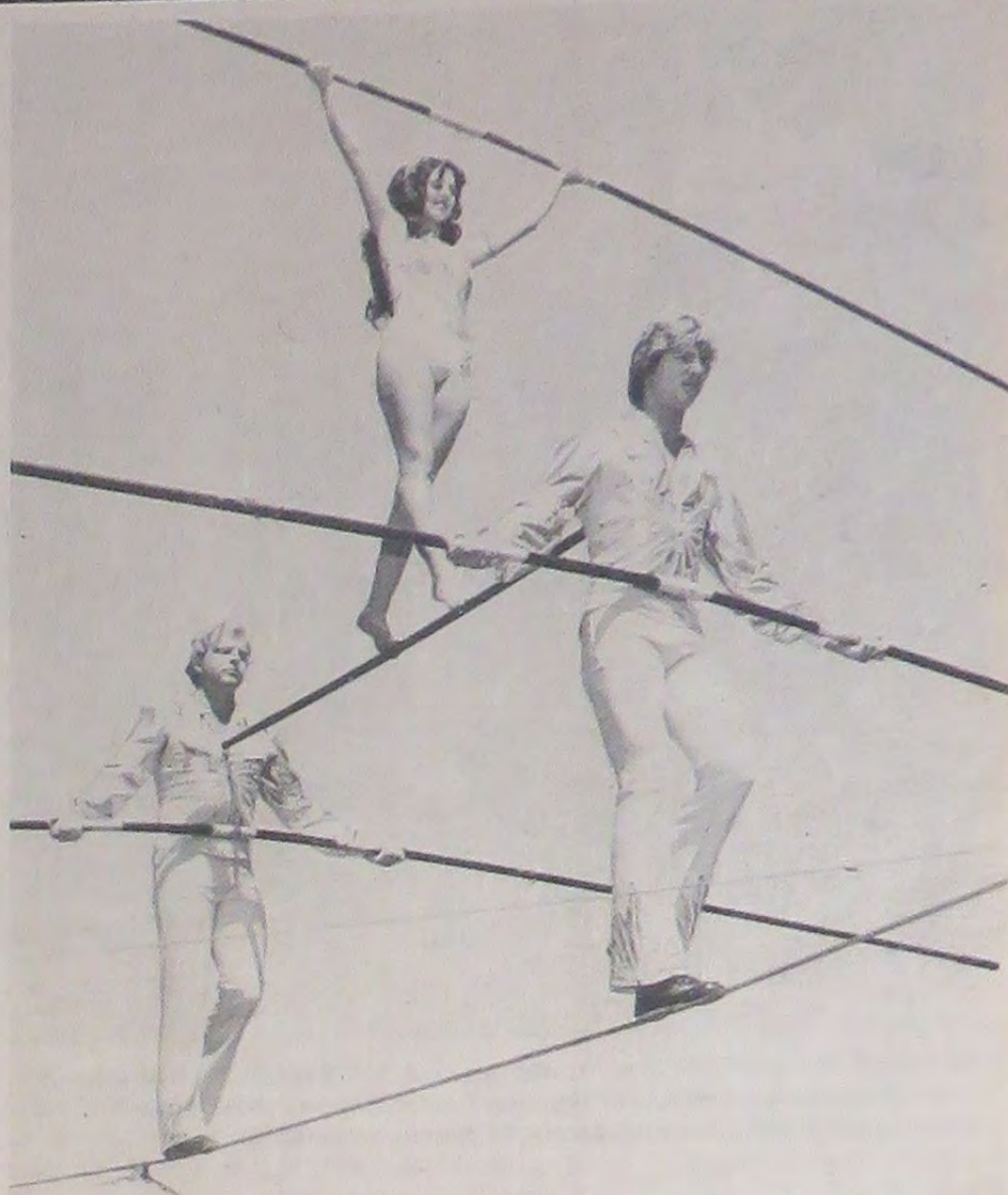
For more information about the film, contact Looper at San Francisco General Hospital Medical Center.

Classifieds

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone: renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

FOR SALE

1980 Plymouth Arrow 5-speed hatchback. Fog lights. Excellent condition \$4700 or best offer. HM3 Welter, Ext. 2235.



SAN DIEGO HIGH—Military and civilian Department of Defense personnel and their families will see a breathtaking high wire act performed by the Zaltanas at Sea World during Military Summer Special, Aug. 1 through Sept. 7. A 25 percent discount is available to personnel who pick up a special discount coupon at the Special Services Office in Bldg. 38.

Guidelines revised on conjoint therapy

CHAMPUS has revised its definitions of conjoint (group) therapy and collateral (therapist and principal in patient's life) visits and removed the limit of four sessions per episode-of-care. This change is retroactive to Oct. 1, 1980.

"The revised guidelines bring the program into conformity with current practice," said the Assistant Secretary of Defense (Health Affairs). "Conjoint therapy and collateral visits continue, however, to be subject to program review requirements and limitations imposed on psychotherapeutic services generally," he said.

Conjoint therapy is a collective term used to indicate a category of psychotherapies where individuals, other than the therapist and the patient, are in the treatment session at the same time—i.e., one or more family members. Conjoint therapy is a form of group therapy and includes marital and family therapy.

Marital therapy should not be confused with marital counseling. Marital counseling is not psychotherapy and does not qualify for benefits under CHAMPUS.

For purposes of conjoint therapy the "family" is the husband, wife, or those children eligible for CHAMPUS benefits. Unmarried children who are no longer eligible for CHAMPUS benefits, but who are living in the same household as the identified-patient, may also participate in conjoint therapy.

A collateral visit is defined as a session between the therapist and a significant person in the identified-patient's life. It is not a therapy session. It is conducted for the purpose of infor-

mation gathering and/or implementing treatment goals.

Any beneficiary who had either conjoint therapy or collateral visits rendered after Oct. 1, 1980 which were denied because the number of sessions exceeded four, should resubmit the claim for reconsideration.

Sailors of the Year

(From Page 9)

assigned to USS MIDWAY (CV-41); EM1 Albert M. Brown, Atlantic Fleet Sailor of the Year, assigned to Commander Destroyer Squadron 4, Charleston, S.C.; and PH1 Charles U. Muller, Jr., Shore Sailor of the Year, assigned to Explosive Ordnance Disposal Training and Evaluation Unit 2, Fort Story, Va.

Both Secretary of the Navy John Lehman and the CNO congratulated the three men in a message, saying, "They exemplify those hundreds of thousands of Navy men and women who have dedicated themselves to the defense of our country through service in our U. S. Navy."

The three Sailors of the Year and their families will be in Washington, D.C., from July 20-25 to receive recognition from the Navy Department. They will then commence five days of rest and recreation at continental U. S. locations of their choice.

As in the past, the Fleet Reserve Association will defray all costs associated with the Washington visit, and the rest and recreation trips for the families. Also, the Sailors of the Year will be meritoriously advanced in pay grade as a result of their selection.

OFF DUTY



THE RIGHT PRESCRIPTION—The military and civilian staff of Pharmacy Service are assembled under a banner during a recent picnic and barbecue at the Don Castro Regional Park in Castro Valley. The get-together honored arriving and departing personnel. Approximately 65 persons attended.

Program announced for MSC birthday gala

Plans have been finalized for a festive evening Aug. 14 in the Oak Knoll Officers' Club to celebrate the 34th anniversary of the Navy Medical Service Corps.

The formal event will begin with a no-host cocktail hour at 7 p.m. followed by a hearty buffet including various seafoods and prime rib. There will be dancing throughout the evening until 1 a.m. with music provided by *Nautilus*, a group of musicians from the Navy Band, San Francisco.

Each attendee will be presented with a commemorative wine glass carrying the Medical Service Corps insignia. The club will be especially decorated for the occasion and there will be ice carving and wine fountains to add to the ambience.

A birthday cake will be traditionally cut and greetings read. Theme of the party, "Continuing the Tradition," emphasizes the Corps' commitment to the Navy and the Navy Medical Department.

Special invitations are going out to all active and retired MSC officers in the Bay Area and Chiefs of Service at the Medical Center. All NRMSC officers are cordially invited to share in the celebration. Reservations may be made with LT Mike Lawson in Operating Management Service prior to Aug. 7th. The cost is \$15 per person.

Those attending are requested to wear dinner dress white uniforms or appropriate formal attire for civilians.



PARTY PLANNERS—A committee of Medical Service Corps officers, headed by Commander Noel A. Hyde of Pharmacy, is busy developing plans for a formal dinner dance celebrating the MSC Birthday. Although the corps will be 33 years old on Aug. 4, the social event is slated for Friday, Aug. 14. Committee members present at this meeting are (clockwise): Lieutenant Commander Richard Wolf, Lieutenant Michael P. Lawson, Commander Hyde, Lieutenant Commander Russell O. Bond and Lieutenant Faythe M. Weber. Other committee members, not pictured, are Lieutenant Commander Richard Oberst, Lieutenant Commander Lanny Rinard, Lieutenant Commander Gregory Gibbons, Lieutenant Glen Butner, Lieutenant John Schleifer, and Lieutenant (junior grade) Robert Owen.

Pharmacy holds picnic

Pharmacy Service held its second annual Hail and Farewell Picnic and Barbecue June 27 at Don Castro Regional Park in Castro Valley. The picnic is a yearly event to honor those who are arriving and departing Pharmacy Service during the year.

Leaving in 1981 are: Lt. Dan Angelier, Lt. Roger Edwards, HM2 Debbie White, HM2 Jim Cunningham, HM2 Ramon Yee, HM3 Ray Ignacio, HM3 Mark Eubanks and HM3 Jemuel Trinio.

Those new on board are: HM1 Tim Crawford, HN Tina Armellino, HN Manny Naguitt and HA Steve Frederickson.

The picnic boasted plenty of food and refreshments and many games and activities including swimming, water sports, horseback riding, lake fishing, hiking, volleyball, baseball and football.

Approximately 65 staff members and their families attended.

The picnic was sponsored by Captain John R. Lucas, chief of service, and coordinated by Lieutenant Commander Darrell F. Snook.

MOVIES

- Friday, July 17, 6:30 p.m.—**THE COMEBACK**—Jack Jones, Pamela Stephenson—Horror/R
 Saturday, July 18, 1 p.m.—**PINOCCHIO**—Animated—Animated Program/G
 Saturday, July 18, 2:45 p.m.—**THE LEGEND OF FRANK WOODS**—Brad Stewart, Troy Donahue—Drama/R
 Sunday, July 19, 6:30 p.m.—**CON ARTISTS**—Anthony Quinn, Corinne Clery—Comedy/PG
 Monday, July 20, 6:30 p.m.—**METEOR**—Sean Connery, Natalie Wood—Science Fiction/PG
 Tuesday, July 21, 6:30 p.m.—**CIRCLE OF TWO**—Richard Burton, Tatum O'Neal—Drama/R
 Wednesday, July 22, 6:30 p.m.—**SPHINX**—Lesley Ann Down, Frank Langella—Adventure/PG
 Thursday, July 23, 6:30 p.m.—**HARDLY WORKING**—Jerry Lewis, Susan Oliver—Comedy/PG
 Friday, July 24, 6:30 p.m.—**THE WANDERERS**—John Friedrich, Karen Allen—Drama/R
 Saturday, July 25, 1 p.m.—**HERO AT LARGE**—John Ritter, Anne Archer—Comedy/PG
 Saturday, July 25, 2:45 p.m.—**THE MUPPET MOVIE**—Bob Hope, Paul Williams—Comedy/G
 Sunday, July 26, 6:30 p.m.—**ROLLER BOOGIE**—Linda Blair, Jim Bray—Comedy-Drama/PG
 Monday, July 27, 6:30 p.m.—**GOOD GUYS WEAR BLACK**—Chuck Norris, Anne Archer—Drama/PG
 Tuesday, July 28, 6:30 p.m.—**ALL NIGHT LONG**—Gene Hackman, Barbra Streisand—Comedy/R
 Wednesday, July 29, 6:30 p.m.—**THE HOWLING**—Dee Wallace, Patrick MacNee—Horror-Drama/R
 Thursday, July 30, 6:30 p.m.—**THE INCREDIBLE SHRINKING WOMAN**—Lily Tomlin, Charles Grodin—Comedy/PG

Special value offered by 'Great America'

Marriott's Great America in Santa Clara is offering Oak Knoll personnel a great value during the month of July.

The offering works this way:

- Purchase a special group ticket at \$8.50 each from Sally in Special Services. This is a saving of \$3.45 each and includes an extra dividend of \$3 in bonus bucks.

- Show this ticket at the Great America ticket window and you will receive coupons exceeding \$16, to include: 25 cents off on Fuji film; 15 cents off on Imperial margarine; 15

cents off on Ball Park franks; 10 cents off on Dole pineapple; 15 cents off on Bumble Bee tuna; 15 cents off on Honey Valley honey; \$5 off Marriott Hotel; \$6 off Tab Exercise Mat, free package of Mrs. Wright's hot dog or hamburger buns; buy one, get one free two-liter Cragmont soda; 50 cents off on Safeway athletic socks; \$1 off on Safeway athletic shoes, and \$1 off on Safeway film developing.

The "Great American Picnic" special is good any day this month.

the Oak Leaf



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, July 31, 1981



COMING TO TRAVIS—The Navy's Blue Angels will perform flight demonstrations for the public at Travis Air Force Base on both Saturday, Aug. 15 and Sunday, Aug. 16 afternoons. The team flies the A-4F Skyhawk II, a simple but rugged, easy-to-maintain ground support aircraft with a record of longevity unmatched by any other military aircraft. The A-4 was born from the Korean conflict experience as a specialized high subsonic-speed attack aircraft capable of carrying heavy loads of ordnance over long distances. Through more than two decades of production, succeeding models of the small, light-weight airplane have provided major advances in perfor-

mance, with improvements in power, payload, and avionics systems. The Skyhawk II's combination of high power and light weight gives the bantam aircraft impressive maneuverability, rate of climb and acceleration, and improves its short-field performance. The A-4 has a modified delta planform, low-aspect ratio wing, giving it excellent low-altitude, high-speed flying qualities which have earned it the unofficial titles of "Scooter" and "Mighty Midget." Its selection by the Navy for the Blue Angels was based on its simplicity of design, reliability and economy.



THE OFFICERS—The few openings each year in the Blue Angels squadron are highly sought and the competition is keen. The officer must volunteer, be career oriented, and have accumulated 1500 flight hours in tactical jet aircraft. Performance records are carefully reviewed and the final selection of two or three members per year takes place within the squadron itself with approval of the Chief of Naval Air Training. The average age of the Blue Angel is 33. He may or may not be married. He always is representative of a professional naval officer and is keenly aware of his responsibility as an "ambassador of goodwill."



THE GROUND CREW—Each practice flight for the pilots is also a rehearsal for the Blue Angels ground crew so that by the end of the training period they are prepared for the pace they are required to keep throughout the show season. Crew members are carefully screened for professional ability and personal conduct. They are assigned to the squadron on an average of three to four years. When the season begins, an alternating 22-man crew travels to the show site to maintain the aircraft for the demonstrations. Their days begin at sunrise to inspect and thoroughly check out each aircraft and once again just before each show. The end of the day, however, is just the beginning for the crew. The planes must be polished and all discrepancies corrected to assure readiness for the following day's performance. They and their equipment are transported to each show site on a C-130 Hercules affectionately known as "Fat Albert."

EDITORIAL

Our patients write...

My family and I would like to convey our sincere appreciation for the many courtesies and kindnesses shown to us by your medical facility team. Doctors, nurses, enlisted men and civilian employees all appear eager to render their specialized services in a friendly, polite, and professional manner, which in my experience, reflects favorably upon the high caliber of leadership that must exist at Oak Knoll.

There is an infectious aura of happiness reflected in the many smiling faces, beginning upon your reception at the front gate and continuous through every floor of your hospital facility. This instills in a reluctant and fearful patient like myself, a feeling of trust and confidence in a professional group who seem to thoroughly enjoy their work.

My mother-in-law and the wife of a good friend recently had surgery in your hospital. They, their friends, and families, all made similar comments on the friendliness, kindness and professionalism of your personnel.

I'm sure you receive more than your share of gripes and complaints, and rarely receive so much as a "Thank You" from those you serve so well. I felt that the shared good experiences of myself, family and friends warranted a few moments of my time to change that and to say "Thank You" to you and your team for a job well done and appreciated.

Thanks for caring.

John R. Cowgill, CMSGT, USAF
Vallejo

Thank you for your letter of condolences of May 21.

In the months of my visits, I grew to know many of the staff quite well. They were always cheerful and competent in their duties; many times, in the face of extra heavy workloads.

I would like to express my great appreciation to the staff, especially to those on Six North, the Operating-Recovery ICU teams, Physical Therapy and X-ray. They all gave great comfort to Helen in her unfavorable struggle.

I also appreciated the explanations from the doctors on what was happening from time-to-time.

H. Edward Taylor
Cupertino

One woman's view of hairy problem

No getting around it, there is a certain macho image to a few men who sport moustaches and beards... men like Burt Reynolds and Orson Welles, for example. However (and I realize it's a little unkind to say this), most hirsute males give an unkempt appearance similar to an unbaled stack of hay.

Take my son, for example—a good-looking blond of the Jack Nicklaus type. Normally, he is a well-groomed businessman, but about twice a year when he goes on a long hunting or fishing trip with his buddies, he returns home looking all the world like Paul Bunyon, or maybe it's Rip Van Winkle after several years in the sack. Like most fair-skinned men, his beard never grows in the same color as the hair on the top of his head, so there he is—all 200 lbs. of him, sporting slightly long silver blond head hair, an orange striped beard, and a brilliant red Fumanchul. It's enough to scare the wild game to death without firing a shot. He frightens me... and I'm his mother.

There haven't been many hairy-faced males in my family. Although he died when I was about five, I still remember the California pioneer grandfather who owned a stagecoach line and drove for Wells Fargo in his youth. He stood about six feet four, spoke with a thunderous voice, and had a healthy white mane and a snowy white handlebar moustache as he bent over and slapped my hand for playing with his watch. I learned much later that he was the ho-ho-ho character in the red suit who visited every Christmas Eve so I suppose he actually had some gentle ways about him. But even in disguise he frightened me, and although he tried each year to play the role, I instinctively hid under the bed until he left, despite the natural urge to open the sack of toys that suddenly appeared under the tree.

And then I had a husband who tried the Van Dyke style for about a year. He was a physician and I'll have to admit that the beard gave him a sort of wise, scientific look, but it also added about 10 years to his appearance, as his nurses, patients (and wife) eagerly told him.

Now all kinds of women's magazines have discussed making love to bearded men. Some female writers have extolled the virtues of hirsutism to the point that they say they like to run their feet through the beards of their lovers. I guess there is a lot of truth in the expression of different strokes for different folks, and a hairy chest is not all that bad. But give me a clean-shaven lover every time. There's something very sensual about skin touching skin without mashing through a lot of underbrush.

Have you ever eaten a breakfast of softly cooked eggs with a bearded companion? Better keep your eyes on the plate—the sight of egg yolk mixed with facial hair is enough to make you lose your appetite.

Throughout the years from the silent movies like "The Perils of Pauline" to the dictator Adolf Hitler who catapulted the world into war, the villain has always been moustached. In most cases, it's an unfair assessment, but it lost Tom Dewey the presidency, and even today, often gives others an image of distrust.

Then there are those of us whom the Italians call "skeevooose" (phonetic). We won't use the same spoon that someone else has used, even if that someone is our most dearly beloved. We also recoil in horror when we find a stray hair in our salad, and have misgivings whenever we see a long-haired cook or waitress.

All of the above, of course, is my personal opinion, and as a female, I can't possibly see the advantage of having a hairy growth on one's face. It takes a woman too many minutes each morning to apply makeup and get her hair in shape for the day. If it wasn't for the sin of vanity, we'd all gladly exchange this ritual for a little more sleep. Therefore, it's hard for us to comprehend why a fellow who didn't have to sleep. Therefore, it's hard for us to comprehend why a fellow who didn't have to sleep. Therefore, it's hard for us to comprehend why a fellow who didn't have to sleep.

You may not agree with me, and you may resent the recent shift in CNO policy. On the other hand, you may see some logic in some of the personal revelations I've made here.

Whether or not they'll admit it, a lot of women feel the same way.—B. Beck.

A note to our readers

This issue of *Oak Leaf* was prepared in advance of normal deadlines to allow the editor to take a couple of weeks' leave.

If we missed a fast-breaking story, or otherwise disappointed our readers, please forgive us. We'll try to make up everything next issue.

In the meantime, we thought you'd like to have this somewhat token issue, just to know that *Oak Leaf* is still alive and well.

Chaplain's Corner:

The Gift of Life

By Father Sam Tambourin
LCDR, CHC, USN

All of us at one time or another are very preoccupied with our daily existence. At times, tensions in our personal and professional lives seem to overwhelm us. We are worried about many things—getting along with our fellow workers, mortgage or rent payments, etc.

Yet each one of us needs to stop once in awhile and examine within ourselves our views and feelings on life itself. In the context of our hospital, it is not hard to find daily examples of how fragile and precious life can be. We are all involved, either directly or indirectly, in the well-being of human lives. Every effort is made to heal, to mend bodies that each person may continue to live a normal life.

Having a happy, healthy, normal life is so awesome and great that in comparison, any inordinate preoccupation of a material nature seems very minute in comparison. The thought is not that we should not be concerned with all these very real daily considerations, but that we put them in the perspective of life itself.

We can't ever be thankful enough for life itself and the ability and possibility to live it in a healthful, happy and self-fulfilled manner. Let us share our gift of life with one another and all the persons we deal with in our daily lives by being a little more loving, a little more caring, a little less self-centered... and a little less preoccupied by minor things.

Career Capsules

By HM1 Barbara Heep

If you are interested in representing the Navy and spending a few extra days in your hometown without being charged leave, the Hometown Area Recruiting Program (HARP) may be just what you're looking for.

To apply for HARP, service members should submit requests to their commanding officer at least one month in advance. Members applying for HARP will serve approximately 15 days, in conjunction with a leave period, at the recruiting station nearest their hometown. (It is possible to perform HARP duty not in conjunction with leave, but leave is required to travel to and from a Navy recruiting district or recruiting station.) While HARP duty is considered temporary additional duty, HARP volunteers receive no reimbursement for their service other than normal pay and allowances.

HARP accepts any volunteer whom the recruiting district feels it can use. The typical HARP volunteer is a 23 or 24 year old second or third class petty officer assigned to a ship, but people in all pay grades and age class have been selected for HARP.

On assignment to their hometown recruiting stations, HARP volunteers contact friends, relatives and community leaders to talk about their experiences in the Navy. The HARP volunteer's biggest contribution during this assignment is his or her enthusiasm. Each HARP volunteer is unique because his or her experiences and thoughts about the Navy are extremely valuable to both the recruiter and prospective Navy men and women.

For more information about this program, contact one of your command career counselors.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

The mission of the Blue Angels

On June 15, 1946, the Blue Angels flew their first flight demonstration to "demonstrate precision techniques of naval aviation to naval personnel and, if directed, to the public." Today, after 35 years, the 1981 Blue Angels accomplish essentially the same mission. However, that mission has taken on new perspectives.

By presenting a faultless display of aerial artistry to what has now exceeded 145 million spectators, the Blue Angels seek to attract talented and qualified youth to join them in the U.S. Navy and Marine Corps. This is an important function in an all-volunteer naval force. As "Ambassadors of Goodwill" the Blue Angels take naval aviation to the public as a means of demonstrating the quality of men and equipment comprising the U.S. Naval Service. When traveling abroad, this role is expanded as these young men and women represent our country and those who serve it.

Internally, the Flight Demonstration Squadron strives to set a standard of perfection for its contemporaries in naval aviation, thus enabling our Navy and Marine Corps to continue to produce the finest aviators in the world.

Sixteen officers and 74 enlisted personnel comprise the Navy Flight Demonstration Squadron, the Blue Angels.

Seven of the officers are tactical jet pilots, four of whom fly in the diamond formation, two as solo maximum performance demonstrators and the seventh is the narrator for the aerial demonstration who also provides jet orientation flights for news media representatives. The events coordinator is a naval flight officer and is responsible for logistics coordination, and the public affairs officer is responsible for all public affairs matters. The maintenance officer is in charge of the enlisted maintenance crew and is responsible for ensuring that the 10 aircraft assigned are kept in topnotch condition. The squadron's flight surgeon administers to both the physical and psychological needs of the officers and the enlisted personnel, and the administrative officer and supply officer perform their duties and maintain normal operations while the Blues are on the road. There are also three Marine Corps transport pilots and five enlisted crewmen assigned to fly the C-130 support aircraft that carries the necessary equipment and personnel needed to perform demonstrations at show sites. The 74 enlisted personnel are specialists in all the aviation roles required to support and maintain the squadron's maintenance, administrative and public affairs requirements.

Early January finds the "Blues" moving to their winter training home at Naval Air Facility, El Centro, Calif. The Imperial Valley provides the excellent weather conditions and training environment for the Blues to prepare themselves for the upcoming season.

For the next 60 to 70 days all hands devote total concentration to honing flying skills to the fine edge of perfection required to carry on the Blue Angels tradition. The pilots fly twice a day seven days a week, with each day beginning at 5:30 a.m. and ending in the early afternoon with the remainder of the day being occupied with a self-imposed physical fitness program. All emphasis is put on preparing the pilots and crew for the no-nonsense flight operations of the long show season to come. By mid to late March, the squadron is ready to debut the skills and teamwork which they have worked so diligently to perfect. Anticipation is felt throughout the unit to "get on the road." The Blue Angels are once again groomed for the new season.

Once the season begins, a pattern of operation is established. The No. 7 pilot precedes the main body to each show site by one day to give a last-minute check on the myriad of preparations that have been completed over several months prior to each demonstration. On the next day the demonstration aircraft and C-130 transport arrive and the pilots get their first look at the show site.

While visiting at show sites, the Blue Angels visit hospitals and youth organizations, speak to civic clubs and attend school functions in order to provide positive community relations. They also talk to young men and women with potential interests in Navy careers both on campus and at social gatherings sponsored by local Navy and Marine Corps recruiters. In addition, the Blues devote a portion of their time to publicizing the flight demonstration in each city by way of TV appearances, radio and newspaper interviews, as well as having the No. 7 pilot conduct press rides for a representative of each news media.

By becoming totally involved with the communities wherein they conduct an airshow, the Blue Angels not only achieve their object as ambassadors of goodwill, but complete their mission as well.



NO. 2—Major Tim Dineen, the Marine Corps representative of the 1981 Blue Angels and pilot of Right Wing/No. 2, is a former Eagle Scout, football and track star. Designated a naval aviator in July 1969, his flying experience includes two tours in the Western Pacific and two instructor billets in the Naval Air Training Command, where he trained both advanced jet pilots and naval flight officers. His flight testing experience includes spins in the A-4 aircraft, flying qualities and performance, structural and flutter testing, single engine flameout/air starts, and weapon system accuracy verifications. With more than 3,000 flight hours in 35 different models of Navy and Marine aircraft, he reported to the Blue Angels last October.



NO. 1—Commander Denny Wisely, Commanding Officer of the Blue Angels Squadron, flight leader and pilot of Plane No. 1, received his wings and commission in August 1962. He has been a primary flight instructor, a fighter pilot with operational tours in a number of Pacific Fleet squadrons, a test pilot, and the first Vietnam veteran to shoot down two enemy aircraft. Denny is a seasoned combat pilot with over 5,000 flight hours and 800 carrier landings. His personal decorations include the Silver Star, two Distinguished Flying Crosses, 29 Air Medals, six Navy Commendation Medals, the Purple Heart, the Vietnamese Cross of Gallantry and numerous other campaign and foreign decorations. He is a member of the Society of Experimental Test pilots.



NO. 3—Lieutenant Commander Bob Stephens, Left Wing/No. 3, attended the University of Central Arkansas on an athletic scholarship and played four years of varsity basketball. He was commissioned in August 1972, completed basic and advanced jet training and received his Wings of Gold in November 1973. Bob has more than 2,200 hours in tactical jet aircraft and has made 285 carrier landings. He is a former Landing Signal Officer with Carrier Air Wing Reserve Thirty at Alameda Naval Air Station.



NO. 4—Lieutenant Commander Jim Horsley, in the slot position, Plane No. 4, obtained his private pilot license while attending Oregon State University on an NROTC scholarship. Commissioned in June 1969, he received his Wings of Gold in December 1970. He has flown over 200 combat missions in the Western Pacific, duty for which he received the Distinguished Flying Cross, 16 Air Medals (four for individual action), four Navy Commendation Medals with Combat "V," the Presidential Unit Citation, Vietnamese Cross of Gallantry and the Vietnamese Service and Campaign Medals. Jim was the personal Aide and Flag Lieutenant to Commander Carrier Group Three, homeported at Alameda, and spent 1976-78 embarked with the staff in five various aircraft carriers where he also attained qualifications as Underway Officer of the Deck.

Bus service to Travis slated 9 a.m., Aug. 15

Bus transportation to Travis Air Force Base for the Air Expo and Blue Angels show will depart the main circle in front of the hospital at 9 a.m., Saturday, Aug. 15, it has been announced.

The same bus will depart Travis for the return trip to Oak Knoll immediately after the Blue Angels performance, which is scheduled for 3:30 p.m.

The transportation is sponsored by the Special Services Office as a courtesy to those staff members and ambulatory patients who otherwise have no way of getting to see the show.

For more details, call Special Services at Ext. 2479.

More pilots, page 5

FOR YOUR INFORMATION

Even Californians should know what to do when funnel nears

Although Californians have more to fear from impending earthquakes than from the possibility of tornadoes, there are those in the valley communities at least who would agree that tornado warnings are not to be taken lightly.

Citing statistics nationwide, Jim Mangiapane, spokesman for the American Red Cross in this area, said "Deaths resulting from tornadoes have averaged out to about 100 every year for the past 25 years."

He added, "Between 700 and 900 of these destructive funnels touch down every year (throughout the United States), and although the month of May is usually regarded as 'tornado month,' they generally occur every month of the year and in nearly every state.

With this in mind, the American Red Cross has issued this annual tornado safety information for the spring and summer months:

* When a tornado threatens, your immediate action can save your life.

* Stay away from windows, doors and outside walls. Protect your head.

* In schools, nursing homes,

hospitals, factories, offices and shopping centers, go to pre-designated shelter areas. Interior hallways on the lowest floors are considered safest.

* In high-rise buildings, go to interior small rooms or hallways.

* In mobile homes or vehicles, leave them to go to a substantial structure. If there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert with your hands shielding your head.

Remember: Tornado watch means tornadoes and severe thunderstorms are possible. Tornado warning means tornado detected. Take shelter immediately.

The Red Cross also advises that individuals listen to radio and TV for latest National Weather Service bulletins.

The National Weather Services defines a tornado as a violent rotating column of air pendant from a thundercloud, usually recognized as a funnel-shaped vortex accompanied by a loud roar. Its rotating winds often reach 300 mph. The average forward speed is 25-40 mph.

PACE exam scheduled in fall

The U.S. Office of Personnel Management (OPM) has announced that it plans to administer the nationwide Professional and Administrative Career Examination (PACE) between Oct. 28 and Dec. 12, 1981.

OPM Job Information Centers will accept applications from Sept. 14 through Oct. 13 to take the test. Applications received before or after that date will be returned without action.

Specific testing dates will be set by OPM regional offices. Individual applicants will be notified as to when and where they will be taking the written test. Generally, applicants who file their applications first will be tested first.

All PACE competitors who attain eligibility will be placed on PACE registers for referral to federal agencies by mid-January 1982.

Agencies wishing to receive certificates of eligibles with the new names have been told to delay their requests until mid-December.

PACE presently covers approximately 100 occupations at GS-5 and GS-7 entry levels into federal service. The vast majority of those taking the test are college students.

This year's test was originally scheduled in March and April but was postponed because of the general hiring freeze imposed by President Reagan.

While the freeze itself has been lifted, most federal agencies have been ordered to reduce their workforce to varying degrees. However, it is anticipated that by 1982, some agencies will have additional hiring flexibility and will need to bring in newcomers at entry levels in the various occupations.

In Fiscal Year 1980, 102,304 people took PACE but only 4,674 were hired.

A proposed settlement of a lawsuit against the PACE examination, if approved by the court, will require a gradual phasing out of the PACE examination over the next three years.

Keep your 'page 2' squared away

Perhaps the most important document in a military service record, next to the enlistment contract, is the Dependency Application/Record of Emergency Data, NAVPERS 1070/602; better known as "page 2" of the service record.

Page 2 is a multipurpose form found in the service records of both enlisted and officer Navy members. Part one of the form serves as an application for dependency allowances, while part two provides an immediately accessible, up-to-date record of emergency information to be used for casualty reporting and notification to the next of kin in an emergency. The page 2 is executed for each member upon entering the military service. A change in a service member's status, grade, rate or duty does not require resubmission of the page. However, a new page 2 must be resubmitted if there is a change to the name or address of a dependent; next of kin, other than a dependent; name or address of a beneficiary, allottee or insurer; citizenship of spouse; religion;

location of wills or other valuable documents.

This very important piece of paper also contains such pertinent information as:

—The name of the person(s) to receive unpaid pay and allowances accrued if the member is captured or missing, or is unable to transmit funds.

—The name of the commercial insurance company to be notified in case of the member's death.

—A listing of government insurance in force.

The page 2 must also be verified by each member on active duty when he or she is detached or reports as a result of permanent-change-of-station orders; when the member's unit deploys; upon application for dependent identification cards or housing, or when a member claims reimbursement for dependent's travel.

The military service record is primarily your responsibility. Take good care of it and keep it up to date.

—THE CIVIL LINE—

HOW VACANCIES ARE FILLED

Under the Civil Service Merit System, people are appointed on the basis of ability to do the work—ability demonstrated in competitive examinations. It is important to note that the words *examination* and *test* do not mean the same thing. A written test may or may not be a part of the process of examination. When a need arises for people to fill positions, the first step is the issuance of a Vacancy Announcement that tells what the duties of the job are; what qualifications are required; what evaluation methods are to be used; the knowledge, skills and abilities needed, and what a person has to do in order to apply.

Steps to a better job:

--Check bulletin boards frequently for Vacancy Announcements.

--Be aware of the qualification requirements of the position.

--Submit SF-171 (application) within the specified time limits.

--Be sure that applications are clear and accurate and reflect all experience and training (including volunteer work).

--Leave SF-171 (application) with Civilian Personnel Service if you desire to be considered for openings that may occur while you are absent on detail, leave, or at a training course.

Columbia offers Saturday class

Columbia College will offer a Saturday class during its next session, Aug. 10-Oct. 3. Small Business Management, an upper-level business offering, will be held from 9 a.m. to 12 p.m. and from 1 p.m. to 3 p.m. each Saturday during the term.

Ronald Jones, the instructor, will be offering the class on Saturdays rather than on evenings during the week so that he can more easily arrange field trips and guest speaker engagements.

Columbia has scheduled four other courses at its Treasure Island campus: English Composition I (Tues.), a first semester writing class required of all students; General Psychology (Wed.), an introductory behavioral science course; Microeconomics (Thur.), a basic business course required of all business majors, and Criminal Law I (Thur.), an upper-level criminal justice course. These four classes will all be held in the evenings from 6:30 p.m. to 11:30 p.m. Columbia is also offering Microeconomics on Thursday nights at U.S. Coast Guard Training Center Petaluma and English Composition II at Hamilton AFB on Tuesday nights.

Columbia College is accredited by the North Central Association of Colleges and Universities and offers both two and four-year degrees. Students may major in Business Administration,

Psychology, or Criminal Justice. Because of its close relationship to the Armed Forces, Columbia has a policy of assessing military schools and experience for academic credit. The school is sponsored at Treasure Island and at Hamilton by Navy Campus.

Additional information about Columbia can be obtained from Larry Blades or Margaret Kirkpatrick at (415) 397-5613.

Vietnam veterans memorial designed

A stark, dramatic design by a 21-year-old Yale University architecture student has been selected for a national memorial to veterans of the Vietnam War. The winning entry submitted by Maya Ling Lin was selected from among 1,420 design proposals.

The memorial will be located in Washington, D.C., in an area of the mall known as "Constitution Gardens." The monument will consist of thick black granite walls, ascending from 10 feet below the ground to the surface. Two walls, one pointing toward the Washington Monument, the other pointing toward the Lincoln Memorial, will be inscribed with the names of the 57,692 Americans listed as having died in the Vietnam conflict.

The competition to select the design was sponsored by the Vietnam Veterans Memorial Fund, a non-profit organization authorized by Congress. The memorial will cost \$7 million and will be financed by the Vietnam Veterans Memorial Fund from contributions by individuals, organizations and corporations. Donations are being accepted at: Vietnam Veterans Memorial Fund, Washington, D.C. 20098.

Bangor subbase activated July 1

On July 1, the submarine base at Bangor, Wash., was activated under the command of the Commander in Chief, U.S. Pacific Fleet (CINCPACFLT) Subbase Bangor will support the Navy's new Fleet Ballistic Missile Submarines of the Trident Class.

In addition to the subbase, the Trident refit facility under CINCPACFLT and the Trident training facility under the Chief of Naval Education and Training were also activated.

Sea Cadets open to teen members

The Cockrell Division of the Sea Cadets, sponsored by the Oakland Council of the Navy League, is seeking young people between the ages of 14 and 17 years of age to join them.

The Sea Cadets offer all American youths, male and female, an equal opportunity to develop an interest and skill in seamanship and seagoing disciplines. This program allows young persons to sample military life while in high school with no obligation to join any branch of the Armed Forces. Should a cadet decide to enlist in the Navy or Coast Guard, prior training as a cadet may permit entry at an advanced pay grade.

Another benefit is the Scholarship Fund which has been established for former Sea Cadets who are pursuing higher education in naval and/or sea science related fields.

For additional information, call Commander Hugh E. McLoone, U.S. Naval Reserve, at 655-3888.

PEOPLE MAKE NEWS

Blue Angels (Continued from page 3)



NO. 5—Lieutenant Commander Jack Ekl, lead solo/Plane No. 5, was a competitive swimmer throughout his school years and received All-American honors. After graduating from college he taught social studies and science for one year before entering Aviation Officer Candidate School. During a tour with the "Knightriders" aboard the aircraft carrier USS KITTY HAWK (CV-63), Jack made two deployments to the Western Pacific, and in 1976 was selected as the West Coast A-6 Pilot of the Year. He served as Squadron Landing Signal Officer and distinguished himself as a carrier aviator by winning the individual "Golden Tailhook" award for both the workups and cruise in 1977-78. With 4,300 hours of tactical jet time and over 400 carrier landings, he reported to the Blue Angels in October 1978. He was the narrator during the 1979 season and flew the Opposing Solo position during the 1980 season.



NO. 6—Lieutenant Commander Stu Powrie flies Opposing Solo in Plane No. 6. Stu was a competitive swimmer throughout high school and at the United States Naval Academy, Annapolis, where he graduated in 1970 holding two academy records. Designated a naval aviator in April 1972, he completed training in the F-4 Phantom and was next deployed to the Western Pacific for two years aboard the aircraft carrier USS MIDWAY (CV-41), which was homeported in Yokosuka, Japan. He entered the Naval Postgraduate School, Monterey, in September 1975 and received a masters of science degree in aeronautical engineering. He was inducted into the Sigma Xi academic honorary fraternity in March 1977. There followed duty at the Pacific Missile Test Center, Pt. Mugu, Calif. Completing this tour in March 1979, he was next assigned as an Air Wing staff LSO to Carrier Air Wing Fourteen and deployed to the Western Pacific and Indian Ocean aboard the aircraft carrier USS CORAL SEA (CV-43). He joined the Blue Angels last October with over 1,700 flight hours and 320 carrier landings to his credit.



NO. 8—Lieutenant Bud Hunsucker, Events Coordinator/No. 8, joined the Navy as an enlisted man in 1970. He was assigned to NAS Atlanta and was a qualified flight communicator on P-2V and C-118 aircraft. Leaving the Navy in 1973 as a Petty Officer First Class, Bud returned to Florida State University and completed requirements for a business degree. After graduation he entered Aviation Officer Candidate School and upon graduation was designated a Naval Flight Officer and was further trained as an A-6 Bombardier/Navigator. He reported to the "Green Lizards" of Attack Squadron 95 and made deployments to the Western Pacific aboard the aircraft carrier USS CORAL SEA (CV-43) in 1977 and to the Mediterranean aboard the aircraft carrier USS AMERICA (CV-66) in 1979. Following assignment to Attack Squadron 128 again in May 1979 for duty as an A-6E Instructor Bombardier/Navigator, Bud was selected as Aide/Flag Lieutenant to Commander Medium Attack Tactical Electronic Warfare Wing Pacific Fleet in October 1979. He, too, joined the Blue Angels in October 1980.



NO. 7—Lieutenant Kevin Miller, Narrator/Plane No. 7, attended the United States Naval Academy where he played number one singles and doubles as Captain of the Varsity Tennis Team and served a term as Brigade Commander. He graduated from Annapolis in June 1975 with a bachelor of science degree in analytical management. After flight training, he was designated a naval aviator in December 1976. Following transition training in the F-14 "Tomcat," he was assigned to Fighter Squadron 124 at NAS Miramar, Calif. and subsequently joined Fighter Squadron 84 at NAS Oceana, Va. During his tour with VF-84 aboard the aircraft carrier USS NIMITZ (CVN-68), Kevin made extended deployments to the Mediterranean Sea and Indian Ocean, serving as an air wing qualified Landing Signal Officer as well as the Squadron Weapons Training Officer. His tour with the "Jolly Rogers" was highlighted by the squadron being awarded the Admiral Joseph P. Clifton Award as the Navy's outstanding fighter squadron for both 1978 and 1979.

Sherlock Holmes visits Oak Knoll

For those of you who thought that Sherlock Holmes was long gone along with author A. Conan-Doyle, think again. Sherlock Holmes is alive, doing well, and was recently a patient on 8-west.

Clifford Sherlock Holmes, so named by his father, an avid mystery buff, is now home taking it easy recuperating from his operation. While on 8-west he stated, "I've never had it so good, everybody wants to help," he also added, "The last time I was here (1943 or 44) they had buildings sprawled out all over."

Holmes retired in 1956, as a Navy Lieutenant, from his position as Personnel Officer with extra duty as Commanding Officer of Headquarters Command at the Florida Reserve Fleet, where he says, "at one time we had as many as 500 ships."

Since his retirement he has graduated from California State University at Long Beach and has taught high school math and electronics.

He now lives in Modesto where he raises Arabian horses.

Navy Tradition

SHIP NAMES

Names for ships are selected personally by the Secretary of the Navy, who receives recommendations, based on naval customs and traditions, from the Chief of Naval Operations and other appropriate advisors.

The Director of Naval History provides historical background and identifies prospective eligible names in the respective traditional categories. For example, destroyer-type ships are designated to bear names of deceased heroes of the U. S. Navy and Marine Corps; attack submarines are named for major cities; the TRIDENT-class fleet ballistic missile submarines bear names of states.

As the individual ship nears the stage of construction deemed appropriate by the Secretary of the Navy, suitable names with historical and traditional background are furnished, and one of the recommended names is selected personally by him. An official names notice to the naval establishment is then promulgated under the Secretary's signature.

In the case of ships named for deceased persons, the Secretary personally informs the next of kin. If names of regions, cities, or rivers are involved, the appropriate elected representatives are notified of the honor bestowed.

THE BRIG

The word "brig", meaning a two-masted, square-rigged ship, was derived from the word "brigantine," a name for pirates and outlaws in the Levant—the eastern part of the Mediterranean. Brig, now meaning the ship's compartment in which prisoners are confined, came from Admiral Lord Horatio Nelson, who used a part of a ship to confine prisoners during a naval sea war.

WEARING MEDALS

This custom is traced back to the Crusaders' habit of wearing a badge of honor on the left side of their armor, over the heart. The Crusader's left side was the shield-side as well as the side from which the sword was quickly drawn; the Crusader's shield protected both the badge of honor and the warrior's heart.

Patient tells SECNAV 'Oak Knoll outstanding'

A recent Naval Regional Medical Center Oakland patient was so pleased with the care he received here that he wrote the Secretary of the Navy.

"I have spent considerable time criss-crossing this country and traveling abroad since my retirement in 1977, and have frequently been in position to observe the activity of our Navy's people-oriented functions," wrote Mr. Paul D. Smith of Carson City, Nev.

"I would like to report that this outpatient's impression of our hospital at Oak Knoll," he continued, "should be termed as no less than outstanding. It appears that much of our service-oriented industry suffers from lack of money and maybe even qualified people, but these apparent shortcomings have always been overcome by the kind of positive attitudes that I've seen and felt at Oak Knoll."

"I would particularly like to commend the following four individuals for the kind of attitude and personal attention to health care that really ought to be emulated everywhere: Petty Officer M. P. Paraso (Primary Care), Warrant Officer Reginald B. McNeil (Primary Care), Mrs. M.V. Johnson, civilian employee (Nursing Service) and Miss W.B. Gross, civilian employee (Patient Affairs). Each of these outgoing, friendly people have expressed the kind of honest concern for my welfare, or that of my wife, within their own technical area, that is required yet all too uncommon. The obviousness of this genuine concern is probably more important than any other single function."

Mr. Smith closed his letter with the statement, "If everybody in our beloved Navy could absorb some amount of what these people have to offer, I doubt that many of the shortages which are apparent to an interested observer would ever be seen."

Mr. Smith's letter was forwarded to this command with personal complimentary endorsements from the Honorable John Lehman, Secretary of the Navy; Admiral Thomas B. Hayward, Chief of Naval Operations, and Vice Admiral J. William Cox, Navy Surgeon General.

SPEAKING OF HEALTH CARE

MED • SCAN

A quick look
at recent health care
developments



CAST ART—Seaman Apprentice Edwin M. Perez, an orthopedic patient at this hospital, put his artistic talent to work on the cast covering his fractured right leg. It took him about a half-hour to paint the colorful flag of Puerto Rico, his homeland. Seaman Perez suffered his injury while roller-skating. Normally assigned to a ship, he is now on medical hold at Treasure Island and an outpatient of this hospital.

The fact that pot isn't really good for you isn't big news. But it is news that **derivatives from the marijuana plant apparently show some promise in a number of medical areas**, according to *Hospital Physician*. **Asthma:** some studies have shown some relief, but other studies show no difference in response between the derivatives and a placebo. **Anticonvulsants:** A controversial use, but some researchers have claimed anticonvulsant properties for two of the derivatives. **Antiemetics:** Vomiting in some cancer patients was prevented in contrast to a placebo which had no effect. **Glaucoma therapy:** Marijuana reduces pressure within the eye by about 30 percent in glaucoma patients. The effect lasts four to five hours and is in addition to that achieved by other drugs in the patient. **Anti-anxiety agents:** Even though marijuana smokers talk about feelings of relaxation, there have been no studies with patients suffering from high anxiety levels. **Analgesics:** Some synthetic derivatives seem to produce an analgesic effect, but only at doses that produce unwanted side effects. Yet even as the above therapeutic evaluation of cannabis was published, another report, in *Medical Tribune*, disclosed that pregnant women who smoke five or more joints weekly during any trimester of their pregnancies produce babies with tremors and startle reactions and responses to light which are abnormal. **Duration of this effect is not known, nor is the long-term effect of the pot on the babies.**

Grandma knew best. In a lively exchange of letters in *JAMA*, physicians traded snoring cures. One physician recalls his grandmother sewing a marble in the pajama top between the shoulder blades which made grandpa roll onto his side and off his back, the position where almost all snoring occurs. Another doctor suggested sewing a sponge rubber ball in the pajama top. And yet another recommends a neck brace on the theory that snoring is caused by the chin sagging to the chest which depresses the airway, causing the ripping noise of the snore. All of which proves that the scientific mind never rests.

The psychological aftermath of a mastectomy is probably no worse than after a gall bladder operation, according to a study of 1,700 patients which was performed by the National Cancer Institute. Feelings of hopelessness and other symptoms were most prevalent among patients older than 50. But even in these patients the depression was no greater than that found in their contemporaries who had their gall bladders removed. It is theorized that the older women might already have lost loved ones who would have provided emotional support, thus weakening their defenses.

A report in *Lancet* tells of the success achieved by Harvard researchers in stimulating new bone growth in humans. Using specially treated, pulverized or fragmented bone from the patient himself or from cadavers or animals, the material stimulates the body to produce a new bone. Perhaps the most spectacular demonstration of the new technique was the reconstruction by the Harvard surgeons of the skull of a five year old suffering from a grotesque cloverleaf skull. The surgeons removed most of the skull, treated the bone and then reshaped the head. A year after the operation the results are little short of spectacular: A relatively solid, normally shaped head. Other uses for the new technique would include the restoration of tooth-supporting bone in periodontal disease.

CHAMPUS clarifies policy on emergency maternity care

The Department of Defense has amended the definition of medical emergency in the CHAMPUS regulation to include emergency maternity inpatient care.

This action corrects a "catch 22" situation which has prevented some eligible women from obtaining CHAMPUS inpatient maternity coverage for emergencies associated with their pregnancies.

John H. Moxley III, M. D., Assistant

Secretary of Defense (Health Affairs) explained that through an oversight, the current CHAMPUS definition of medical emergency omitted any reference to maternity care. The amendment clarifies CHAMPUS policy on this point and establishes that a nonavailability statement is not required for maternity-related inpatient care when the care meets the definition of a medical emergency.

Dr. Moxley stated, "As with any

other emergency, in the case of pregnancy a medical emergency must involve a sudden and unexpected medical complication which puts the mother, or baby, or both, at risk."

Examples of medical emergencies related to pregnancy include, but are not limited to, hemorrhage, ruptured membrane with prolapsed cord, shock, unconsciousness, heart attack, stroke and injury (as from an automobile accident.) Pain alone would not qualify a maternity case as an emergency, nor would insipient birth after the 34th week of gestation unless an otherwise qualifying medical complication is present.

The policy clarification concerning emergency maternity admissions is retroactive to June 1, 1977, the date the current regulation was implemented. Therefore, any beneficiary who has been denied CHAMPUS benefits for a maternity admission which occurred during this period and which she believes could qualify as an emergency should resubmit the claim(s). Such claims should be sent to the CHAMPUS Fiscal Intermediary serving the area where the admission occurred, with a request that the case be reopened and reviewed.

Due to the retroactive nature of this policy clarification, the filing deadline on such claims is extended to Dec. 31, 1981. The deadline on claims for care

received in 1981 is Dec. 31, 1982.

When filing a CHAMPUS claim for emergency care (whether maternity or other) beneficiaries are advised to—

- provide as much detail as possible about the circumstances of the emergency and

- obtain a statement from the attending physician telling why immediate hospitalization was required and why the patient could not be transported to the nearest Uniformed Service hospital. If the emergency involves a maternity case, the physician's statement must include a certification that he/she had not been seeing the patient during her pregnancy.

Falsifying information on a claim form (such as a fraudulent residence address) in order to circumvent the 40-mile rule applicable to nonavailability statements not involving an emergency is considered to be fraud. Such actions will, at a minimum, result in the government recovering any payments made on such a claim.

For further information about emergency maternity care, pregnant beneficiaries who are contemplating travel, particularly during the last six weeks of pregnancy, should contact the health benefits advisor at a Uniformed Service medical facility. CHAMPUS advisors at Oak Knoll are located in Outpatient Service.

Change in coverage of alcoholism treatment

The Office of Civilian Health and Medical Program of the Uniformed Services, announces a change which eliminates the requirement that an inpatient admission for alcohol detoxification immediately precede alcohol rehabilitation.

The change will be retroactive for services provided on or after June 1, 1977. CHAMPUS beneficiaries who believe they are affected by this change or who have had a claim denied because of the previous requirement, should resubmit their claim to the CHAMPUS Fiscal Intermediary currently responsible for processing claims for the area in which the care

was received. The time limit for resubmitting these claims is Dec. 31, 1982.

It is emphasized that the admission for treatment still requires physician referral and diagnosis of alcoholism. In addition, the Fiscal Intermediary will review the claim to ensure that the following requirements are also met:

- Inpatient rehabilitative care not normally to exceed 21 days (Limit of three episodes, lifetime maximum);

- Inpatient level of care must be medically necessary.

Outpatient psychiatric treatment programs for alcoholism will continue to be covered, subject to the same review as other psychotherapy.

WITH THE FAMILY

the Military Family

Question: My husband is a pilot and I live with the fear of his death in training or combat. Is there anything I can do to prepare my children for such an eventuality?

Reply: The bedtime prayer, "Now I lay me down to sleep, I pray the Lord my soul to keep..." is taught to very young children and speaks to the human's deep universal need to deal with the painful awareness of his or her mortality.

In past generations matters of the life cycle, including eventual death, were taught informally at home. The agrarian society with its endless births and deaths of farm animals, several generations residing under the same roof, and medicine's lesser ability to cure provided the growing child with firsthand knowledge of death.

This is not the case today. Many high school students have not visited and held the hand of a dying relative or attended a funeral. Parents over-protect children, feeling it will be too threatening; hospitals limit visitation, and morticians create cosmetic wonders.

How unfortunate it is that we deprive our young of this vital learning that could be gleaned through their living with the terminally ill and witnessing death. What other way is there to gain adaptive and coping resources with so profound a facet of life?

Protecting our children from this experience leads to increased fear. When the death of a loved one has to be faced, a maladaptive manner of mourning and grieving can ensue, leading to lasting psychological problems.

Is a child ever too young to deal with the concept of death?

Virtually not. Development psychologists believe that by six months of age an infant perceives his mother as a significant person, different from others, and, soon after this, separate from himself. Lasting separation or death will be responded to by anxiety, fretfulness, and decline in feeding. With increasing age the concept of death becomes more refined.

However, along the way one must be prepared for more primitive concepts. It is not unusual for an early-school age child to remark, "I know that my father is dead, but what I don't understand is why he doesn't come home for dinner." Regardless of age or concept, death can be dealt with on the child's specific level, and it is to the advantage of his life experience to do so.

I would therefore strongly recommend parents take every opportunity to provide the child with natural experiences of dying and death.

This includes the death of pets, visiting a dying grandparent in a hospital or at home, and discussing the occurrences of serious illness at the dinner table. Avoid insulating the child because of protective instincts. They may really reflect only your own fear and insecurity on the issue.

However, a significantly disturbed, fearful, and fragile child may be an exception and need this protection.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th Street, Arlington, Va. 22209.

Where do the kids get so many goodies?

By Col. Lavens D. Folts, Base Commander, Altus AFB, Okla.

Not too long ago we received a letter from a parent whose child had some rather expensive items taken from his desk at school. She suggested that we remind parents that they should be alert to unexplained items brought home by their kids. Good idea!

Having raised five kids of my own, I think I've heard just about all the explanations for goodies brought home from school—"I found it on the way home," "My teacher gave it to me," "A friend gave it to me," "A little green man gave it to me for helping him change a tire on his UFO."

Kids, especially little tykes, sometimes have difficulty separating the real from the imaginary. Plus, they don't always realize the difference between "finders keepers" and "rip-offs." That's where you, as a parent, need to step in. You need to be alert.

If your 8-year-old shows up with a Corvette, consider asking him to explain and then check into the explanation. You might find that he really didn't save up his allowance.

The same thing goes for candy, gum and necklaces. If you don't know for sure where it came from—ASK—and pay attention to the answer. Lots of little guys are nabbed every year for shoplifting at base exchanges. Unfortunately, by the time they are discovered, they may have been shoplifting for quite a while.

There are not many thrills in catching a fourth-grader stealing Hubba Bubba bubble gum. It is a real shocker for the parents. When a youngster is caught for shoplifting, he or she and the parents are brought in for a talk. Few if any of the youngsters are hardened criminals; they are just normal kids who don't realize the seriousness of what they were doing. Once they understand the effect of what they did on themselves, their parents and the community, they never come back.

If you suspect that your youngsters may be "finding" a few too many goodies, sit down and talk to them. It may be the best time you ever spent.

Scurvy, rickets and pellagra are no longer common diseases. That's because even those on a limited budget can get foods that contain the vitamins to prevent these diseases.

There are two types of vitamins. The most common type is water soluble, and you need these every day. If you take more than you need, your body will rid of the excess. Vitamins B1 (also known as thiamin) and C are examples of water soluble vitamins.



A TOUCH OF CLASS—That attractive, friendly Navy woman often performing the functions of a security guard at the Mountain Boulevard gate is Hospital Corpsman Third Class Lori Chase, who has been assigned to Oak Knoll for the past two months. Originally from Colorado, she comes to us from Corps School at Great Lakes and wants to be a laboratory technician. Since National Smile Week will be observed Aug. 3-8, it seems appropriate to recognize the lady with the nicest smile at the center, a corpsman who brightens our day and gives an excellent public image for the whole hospital.

For Cal-Vets

Bond sale to finance low cost home loans

A recent bid to purchase \$150 million in Cal-Vet general obligation bonds has been awarded to Bank of America, according to Manuel Val, Director of the Department of Veterans Affairs. Bank of America submitted the high bid that contained an effective interest rate of 9.8442 percent.

Proceeds from the sale are to be used to finance low cost farm and home loans to eligible California veterans. These monies will be used to process the current backlog of Cal-Vet loan applications which are on file with the department. "The first applications to be honored will be those which were filed by veterans in 1980 and meet established eligibility criteria. Other current applications will be given priority

according to the preference system that controls low loans can be processed," Val indicated.

Authority for the department to sell bonds at a rate exceeding 9 percent came on June 3, when Governor Brown signed legislation authored by Assemblyman Tom Hannigan. The new law raised the statutory ceiling for interest rates on state general obligation bonds from 9 percent to 11 percent. The rate increase was pursued because an April Cal-Vet bond sale failed to attract buyers under the previous 9 percent statutory limit.

"When these funds have been received by the department, Cal-Vet loan applicants will be notified of their individual funding status," Val said.

Too many vitamins could cause problems

The other type is the oil soluble. There are only four of these vitamins—vitamins A, D, E, and K. If you take more of these than you need, your body stores the excess—and that could cause problems. For example, if you take too much vitamin D, it can cause nausea, weight loss, and excessive urination.

So eat a well-balanced diet every day. If you eat a wide variety of foods, you should get the right amount of

vitamins your body needs to stay healthy.

And if you think you have a vitamin deficiency, check with your doctor. Then you can be sure you're getting the vitamins you need in the right quantity.

For more information send for the free reprint, *Some Facts and Myths About Vitamins*, from Consumer Focus, Pueblo, Colorado 8181009.

OFF DUTY



A DAY AT THE RACES—Dr. Joseph V. Lombardo, his wife Nancy (far right) and Bertha A. Paul pose with jockey Russell Baze, the winner of the fifth race which was dedicated to the Hypertension Clinic.

Horserace honors Hypertension Clinic

Hypertension Clinic personnel had a great afternoon at Golden Gate Fields recently when the clinic said goodbye to several outstanding people. Clinic personnel were joined by others from the Central Appointment Desk and Clinical Investigation Center with their guests.

Traveling in a style befitting the group, they were taken by chartered bus to Golden Gate Fields where they dined on food suitable for royalty and viewed the fifth race named in honor of the Hypertension Clinic.

Farewells were said to HN Cindy Buschman, HN Delaine Fields, HM3 Noel Manaloto, and HM3 Ron Donner. Dr. Lombardo, a nephrologist, has gone into private practice in Utica, N.Y.; Cindy Buschman has been relieved of duty and is living in St. Louis, Mo. with her husband who is in the U. S. Coast Guard; Delaine Fields will be transferred to Subic Bay this month; Noel Manaloto will be starting X-ray School here in September; and Ron Donner will complete his four years of duty with the Navy in October.

To these people the Hypertension Clinic wishes the best of luck and success in all of their endeavors.

Chess, anyone?

The 1981 Central Pacific Regional Chess Championships will be held at the Naval Support Activity center at Mare Island.

The tournament will be in the library, Building 545 Aug. 8-9, commencing at 9 a.m.

Please contact Ron Brown for further information at Ext. 2350.

Golf tourneys slated soon

The 1981 Central Pacific Regional Men's Golf Tournament will be held Aug. 10-13 at NAS Moffett Field starting at 8 a.m. each day. The tournament is divided into two divisions, the Open Division, ages 18-40, and the Senior Division, age 40 and beyond.

The women's tournament is scheduled Aug. 3-4 at Mare Island (Vallejo), starting at 9 a.m.

For further information on either of these events, contact Ron Brown at Ext. 2350.



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MOVIES

Friday, July 31, 6:30 p.m.—SCAVENGER HUNT—Richard Benjamin, Jamn
Coco—Comedy/PG
Saturday, Aug. 1, 1 p.m.—CARDIAC ARREST—Dave McElhatton, Garry
Goodrow—Drama/PG
Saturday, Aug. 1, 2:45 p.m.—THE RESCUERS—Animated Cartoon—Adventure
G
Sunday, Aug. 2, 6:30 p.m.—BRIGHAM—Maurice Grandmaison, Charles Molt—
Adventure/PG
Monday, Aug. 3, 6:30 p.m.—SKATE TOWN USA—Scott Baio, Flip Wilson—
Musical/PG
Tuesday, Aug. 4, 6:30 p.m.—AMERICAN POP—Ron Thompson, Marya Small—
Musical-Drama (Animation)/R
Wednesday, Aug. 5, 6:30 p.m.—HEADING FOR BROADWAY—Paul Carafortes,
Terry Trees—Drama/PG
Thursday, Aug. 6, 6:30 p.m.—FISH HAWK—Will Swanson, Don Francis—Adven-
ture-Drama/G
Friday, Aug. 7, 6:30 p.m.—SATURN III—Curtis Douglas, Ron Hinds—Science-Fic-
tion/R
Saturday, Aug. 8, 1 p.m.—THE 39 STEPS—Robert Powell, David Warner—
Drama/PG
Saturday, Aug. 8, 2:45 p.m.—101 DALMATIANS—Animated—Action—Com-
edy/G
Sunday, Aug. 9, 6:30 p.m.—THE BLACK MARBLE—Robert Foxworth, Paula Pren-
tiss—Comedy-Drama/PG
Monday, Aug. 10, 6:30 p.m.—DR. STRANGELOVE—Peter Sellers, George C.
Scott—Comedy/G
Tuesday, Aug. 11, 6:30 p.m.—THE FINAL CONFLICT—Sam Neill, Rossano
Brazzi—Horror-Drama/G

Cull open for dips

The swimming lagoon at Cull Canyon Regional Recreation Area, Castro Valley, opened July 12.

For the past three months, park crews have been restoring the lagoon and surrounding picnic and beach areas following an abandoned attempt to build a waterslide there last year.

Cull Canyon's swim season will be shorter than normal this summer, giving park workers the needed time to finish repairing the area.

The lagoon will be open five days a week, Wednesday through Sunday, from July 2 to Sept. 7. Lifeguards will be on duty during normal swimming hours from 11 a.m. to 6 p.m.

The cost of a dip is \$1.25 for persons aged 18 and older; 50 cents for children (6 to 17) and for senior citizens aged 62 and older; and free for children under age 6.

Navy captures Fowle

The Naval Academy has been awarded its fifth consecutive Leonard M. Fowle trophy for the best combined performance in intercollegiate sailing. The award is presented by the Intercollegiate Yacht Racing Association of North America.

The Naval Academy looked like a long shot to take the 1981 Fowle trophy but wins in the singlehanded and women's championships put them back in the running. The races were held at the Naval Academy during June.

Reminder:

**Make reservations
for
MSC Birthday Ball
by Aug. 7**



the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, August 14, 1981

CDR Legg to Comptroller

Commander Price selected DAS at NRMCMC Lejeune



CDR Hudson B. Price

Medical Service Corps Commander Hudson B. Price, Comptroller here during the last two years, will depart this command on Aug. 20 for a new assignment as Director of Administrative Services, Naval Regional Medical Center Camp Lejeune, N. C.

"I feel that I am leaving the best Comptroller shop in the Navy," commented the commander in interview.

He will be relieved as Comptroller by Commander Robert P. Legg, who is presently on the Oakland staff as Chief of Supply Service. Commander Legg's position with Supply will be assumed in the near future by Lieutenant Fred White, transferring from BuMed

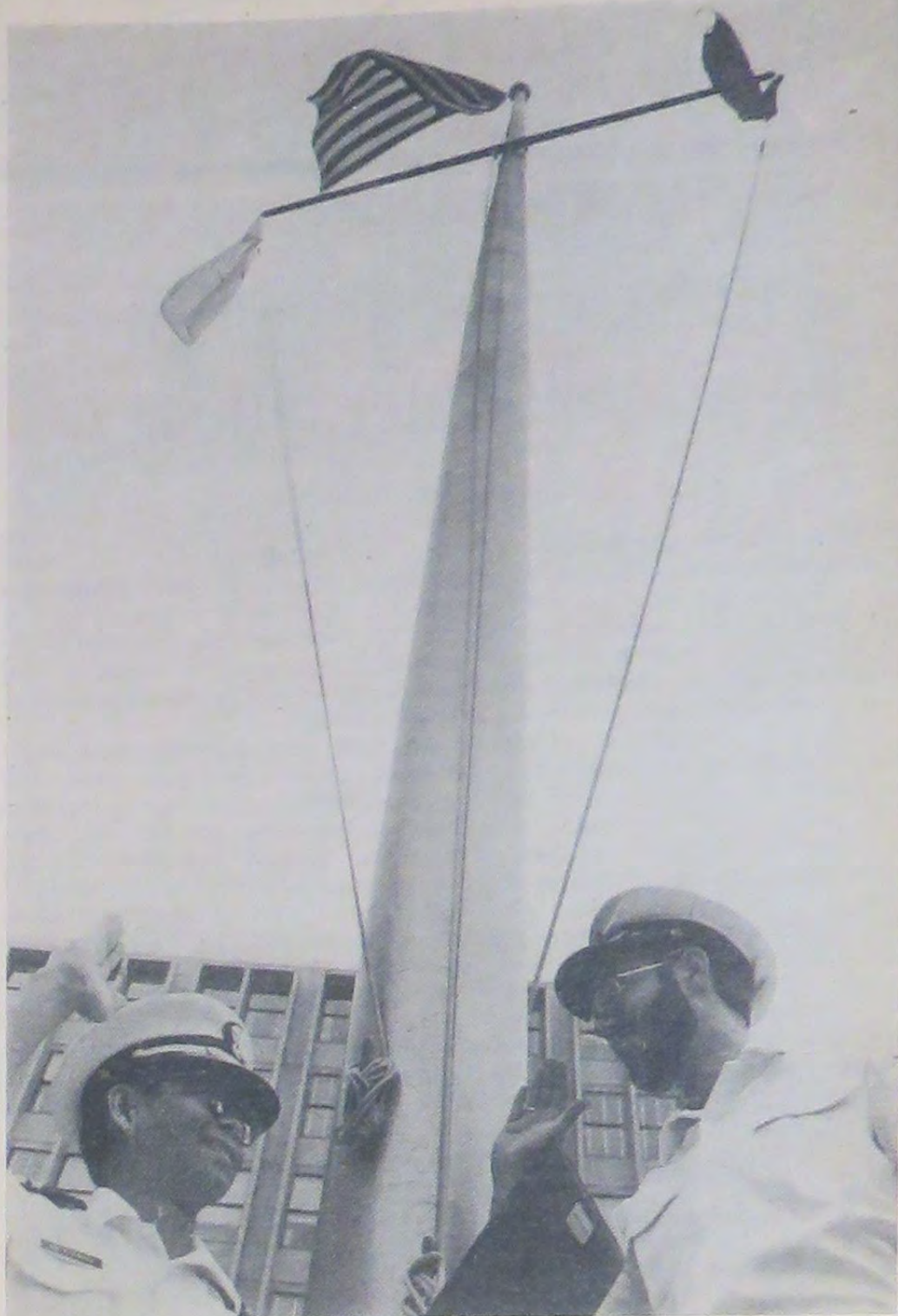
CDR Robert P. Legg
(photo taken before promotion)

Research Laboratory.

Commander Price, who holds a master's degree in public administration, has 28 years of decorated Navy service. Prior assignments have included duty at Naval Regional Medical Centers in Jacksonville, Fla.; Portsmouth, Va., and San Diego, Calif. He has also served with the Defense Personnel Support Center in Philadelphia; First Marine Division; Naval Station New Orleans, and aboard the ships USS PARSONS, USS REPOSE and USS SHIELDS.

Commander Legg, assigned to Oak Knoll for several months, also holds a

Continued to page 6



SILENT WITNESS—The stars and stripes at the top of the flagpole in front of the main hospital building seem to wave approval at Commander Roger F. Espiritu administers the oath of reenlistment to Hospital Corpsman Second Class Jeffrey L. Demotts. Petty Officer Demotts, now assigned to the Medical Department of patrol squadron VP9 at Moffett Field, came to Naval Regional Medical Center Oakland for the ceremony in order for Dr. Espiritu, his former flight surgeon, to participate in the occasion. (Photo by HM2 Dave Hershenzon)

Levandowski relieves Pittington of Lemoore hospital command

Rear Admiral Walter M. Lonergan, Commanding Officer of Naval Regional Medical Center Oakland, was the principal speaker during recent changes of command ceremonies at Naval Hospital Lemoore, where Captain Thaddeus F. Levandowski assumed command from retiring Captain Francis C. Pittington. (See retirement story, Page 6)

Captain Levandowski began his naval career by enlisting in February, 1948. Following completion of recruit training and Hospital Corps School at Great Lakes, Ill., he served tours at Naval Hospitals Chelsea, Mass., and Portsmouth, N. H.; was on the commissioning crew of the USS ORISKANY (CV-34) and subsequently served with VR-22 and VP-44, interspersed with two tours with the Flag Unit, Commander Naval Air Forces, U. S. Atlantic Fleet.

He was commissioned in the Medical Service Corps and graduated from Officer Candidate School, Newport, R. I., in November 1959. Subsequent tours include Commissioning Crew at Naval Auxiliary Air Station, New Iberia, La.; Medical Electronics School, St. Louis, Mo.; Naval Medical School at Bethesda, Md.; Bureau of Medicine and Surgery (where he earned a Navy Achievement Medal), and as Administrative Officer of Naval Medical Research Unit 2 at Taipei and NAMRU-

2 detachments in Vietnam, Philippine Islands and Indonesia. He completed a tour as Executive Officer, Naval Aerospace Medical Institute in July 1978, and most recently served as Director, Administrative Services, U. S. Naval Hospital, Roosevelt Roads, Puerto Rico.

Captain Levandowski earned a bachelor's degree from George Washington University in 1969 and a master of science in management from Troy State University in June 1978. He has held teaching appointments at New Hampshire College and the University of Puerto Rico, where he served as preceptor in the Graduate School of Public Health of the Medical Sciences Campus. He is a nominee of the American Academy of Medical Administrators, and the American College of Hospital Administrators.

A native of New Britain, Conn., the new commanding officer is married to the former Mary Niedzwiecki of Chelsea, Mass. He is the father of two daughters—Margaret, a bachelor of fine arts graduate from Florida State University, and Mary Powers, wife of Lieutenant (junior grade) G. W. Powers, currently serving at National Naval Medical Center, Bethesda.

The change of command ceremonies were held July 30 in the ballroom of the Enlisted Mess (Open) at Lemoore.



NEW LEMOORE HOSPITAL CO—Captain Thaddeus F. Levandowski has assumed command of Lemoore, our satellite hospital to the south. He comes to his new assignment from duty in Puerto Rico where he was Director of Administrative Services for the naval hospital at Roosevelt Roads. (Photo courtesy of NAS Lemoore)

Friday, August 14, 1981

THE OAK LEAF

Three NRMCO functions undergoing CITA review

Three functions of Naval Regional Medical Center Oakland are being reviewed for possible conversion from in-house operation to commercial contract performance as part of an ongoing Navywide program aimed at saving tax dollars.

Command representatives recently met with International Brotherhood of Electrical Workers (IBEW) officials to advise this union, which has many members employed in the functions under study, that a commercial-industrial type activities (CITA) review is underway for Housekeeping, Laundry and Food services at this hospital. The Commanding Officer also personally met with the 177 employees of the three functions selected for analysis.

Local officials emphasized that the CITA program is a job review study, not a reduction-in-force action. It has been a policy of each administration since 1955 to require all federal departments and agencies to rely on the private enterprise system to

the maximum extent possible. All Navy installations have functions that could be included in the CITA program, either now or at a later date.

Each Navy installation reviews the function directed for study to ensure that it is being performed by the government in the most efficient manner. The installation then solicits bids/offers from the private sector. If the bid opening reveals the costs of contractual performance to be significantly less than the cost of government performance, the function will be contracted out.

Cost studies for the three medical center functions currently selected will be submitted to higher headquarters by June 30, 1982. The final decision on the most cost-effective method will not be known until after that date.

Further information will be announced as developments occur, a command representative said.

NRMCO cancer program recertified for three years

The Commission on Cancer of the American College of Surgeons has awarded a three-year certificate of approval to Naval Regional Medical Center Oakland (NRMCO) for its cancer therapy and tumor registry functions, which were inspected earlier this year.

The approvals program was established by the American College of Surgeons in 1956 to encourage the best in cancer therapy. Different kinds of cancer respond best to different kinds of treatments—surgery, x-ray, chemotherapy, alone or in combination. The program encourages discussion of cancer problems among surgeons, medical oncologists, oncological radiation therapists, pathologists and other medical disciplines involving the diagnosis and treatment of cancer, thus assisting the attending physician in optimal treatment planning for his or her patient.

In addition to having a clinical program which meets the requirements

of the Commission on Cancer, NRMCO has also met the requirement of having a well-functioning tumor registry. This registry keeps a record of each cancer patient, cured or not, and makes certain that follow-up examination and rehabilitation of patients are done in a systematic manner at specified intervals. Special studies of cancer cause and treatment are possible through the registry.

Establishing a coordinated cancer program, making it function over the years, and providing the documentation is a "labor of love" by the hospital staff and administration. A cancer program takes close cooperation, long hours and sincere dedication to quality cancer patient care.

The staff of NRMCO, its doctors, nurses, administration, registry and medical records personnel are all to be congratulated on the three-year approval of their program.



HELPING HAND—1st Lt. Bruce Shorey gives a helping hand to Ens. Deborah Prekker, as they unload the first 50 pints of 112 collected pints of blood drawn from Castle AFB donors on Tuesday (July 14). The first shipment of human blood was transported back to Naval Regional Medical Center Oakland aboard a Navy C-12 from NAS Alameda. This was the first of many scheduled joint efforts between the Navy and the Air Force to supply badly needed blood to the medical facility. (U. S. Air Force Photo by SrA. Jim Carte)

Navy puts more muscle into drug abuse controls

An enhanced Navy drug abuse control program was recently promulgated by Chief of Naval Operations Admiral Thomas B. Hayward. The new program implements policies contained in SECNAVINST 5300.28. It adds emphasis to prevention, detection, deterrence and enforcement while still offering help to truly drug dependent members.

The objective of the Navy's drug abuse program is prevention and control of drug abuse through positive, visible leadership and action throughout the chain of command. The program emphasizes aggressive use of all available tools, including prevention education, awareness training, law enforcement services, command drug assessment team services, and detection methods such as urinalysis, drug dogs and punishment when appropriate.

The following additional initiatives are included in the revised drug abuse control program:

- Purchase of new, better portable urinalysis equipment,
- More drug detector dogs,
- Accelerated assignment of limited duty officers and warrant officers to fleet commander and type commander staffs to coordinate drug law enforcement matters,
- Development of a drug safety action program patterned after the alcohol safety program for remedial

education of identified drug abusers,

—Replacement of the drug exemption program by a drug abuse self-referral rehabilitation procedure,

—New regulations prohibiting drug abuse paraphernalia are given the force of general orders upon which disciplinary action may be based,

—Urinalysis results may be used as evidence in disciplinary proceedings under certain conditions.

More information concerning the enhanced drug abuse control program may be found in NAVOP 97/81.

Civilian vacancies

Applications are now being taken for two positions here at Oak Knoll, one for a Pharmacy Technician, GS-661-05 at \$13,493 to \$17,174 per annum. You must have at least two years general experience and one year specialized experience to qualify.

The other position is for a Medical Clerk GS-679-04, at \$10,963-\$14,248 per annum. The Pharmacy Technician applications will not be accepted after today, the Medical Clerk announcement closes Monday.

For more information on these two positions, contact the Civilian Personnel Office, Ext. 2116.

Checked your PRD lately?

If you have ever received an unexpected set of transfer orders, chances are your projected rotation date (PRD) is the cause.

Initially, PRD's are established by your detailer when a new set of orders is written. If you have less than 10 years of active duty at that time, your PRD is recorded as the same date as your expiration of active obligated service (EAOS) date. If you have to extend your enlistment in order to accept those new orders, your PRD will be the last day of your extension. If your enlistment ends after your prescribed sea or normal shore tour, your PRD is set to coincide with either date.

If you have 10 or more years of total active duty service at the time of your EAOS, then your PRD is set to complete a prescribed sea tour or normal shore tour (NST). However, one overriding factor involved in the establishment of a PRD is that such a date is set for the tour length of your specific paygrade at your next duty station. In fact, in some cases, you may have more than 10 years in service and yet, will have to agree to an enlistment extension to complete a full tour. For example, if you are being transferred to instructor or recruiting duty, where the tour length is 36 months, additional obligated service may be required before your orders can be issued.

As you can see, with all the factors that can come into play, it is possible for your PRD to be incorrect. Take the time to ask your career counselor to check your command's Enlisted Distribution Verification Report to ensure that your PRD is correct.

If a PRD adjustment is needed, the request should be submitted at least 12 months in advance of your transfer month to be properly considered. This also holds true if you are considering a sea duty extension or a re-enlistment to complete an NST. Your detailer begins a review of your next assignment four months before your PRD, if you are serving in a type 1, 2 or 5 assignment and five months in advance of your PRD, if your current assignment is type 3, 4 or 6 (likewise, for aircrewmen and persons holding an 82XX Navy enlisted classification code). The aircrew detailer reviews personnel records five months before one's PRD, and will either issue orders or turn over the assignment process to the person's rating detailer four months before the designated transfer date.

Updated duty preference sheets should be submitted at least 10 months before your PRD. If you have any questions regarding your PRD and transfer placement, contact your command career counselor, or your personnel support detachment/activity. (NES)

FOR YOUR INFORMATION



NEW NURSE DEPUTY—Captain Georgia F. Johnston is the new Assistant Director of Nursing Service here at NRMCO. She earned her bachelor of science degree at Texas Women's University and her masters degree in nursing from the University of Washington. With 22 years' Navy service, she has held billets in New York, Morocco, Texas, Recruiting in the Midwest, duty under instruction at the University of Washington, North Carolina, and Guam. She holds the Navy Achievement medal. Captain Johnston's hobbies are sewing, reading and needlework.

THE CIVIL LINE

PERFORMANCE APPRAISAL

Performance appraisal is the continuing process by which supervisors review the work done from day to day by employees. The supervisors check the work to see if it is complete, correct any mistakes, and provide instruction on new tasks, methods, or equipment. All of these are parts of performance appraisal. For the supervisor to know when work is complete, and done correctly, the supervisor must have a standard against which the work is measured. Most often the standard is not stated to the employee in writing or even by word of mouth.

The new Navy Basic Performance Appraisal Program, which, in accordance with the Civil Service Reform Act, will be in place throughout Navy by Oct. 1, requires that performance standards be written and communicated to employees at the beginning of each performance appraisal period.

Each position or job is made up of several elements or particular tasks to be performed by the worker. The most important of these are the "critical elements" of the position or job. Supervisors will identify these "critical elements" and write performance standards for them.

There will be five levels of performance in the new program: unsatisfactory, marginal, satisfactory, highly satisfactory, and outstanding. Performance standards will be written for the marginal and highly satisfactory levels. The employees will be given an opportunity to participate in setting these written standards. Once the marginal and highly satisfactory levels are set, employees will be appraised according to whether their performance meets, exceeds, or falls below a particular written standard.

This new performance appraisal program will have several advantages. Both supervisors and employees will be able to focus on what is really important in the job—the "critical elements". Both will also know, in advance, just what is expected in order to be appraised at one of the five levels. The increase from three to five levels of performance will permit more distinctions to be made among the great majority of employees whose performance is consistently better than unsatisfactory but not quite outstanding. Formerly all these employees were rated as satisfactory; now they can be distinguished as marginal, satisfactory, or highly satisfactory.

Another provision of the new program requires supervisors to conduct a progress review at approximately halfway through the appraisal period and at any time an employee's performance falls below the marginal level. A written performance appraisal must be conducted with the employee whenever performance falls below the marginal level, and an opportunity for performance to improve will be given the employee.

In a subsequent article the uses of the new performance appraisals will be described.



TESTING—Captain John Caruso, Jr., Commanding Officer of Naval Environmental Health Center, Norfolk, Va., and former Occupational Health Service Director for this medical region, was recently here with Commander Robert Anderson and Dr. Cheryl Christensen to hold a Pulmonary Function Testing Course. Those who completed the course were certified by the National Institute of Occupational Safety and Health. This was the third course held this year. Others were held in Norfolk, Va., and Corpus Christi, Tex. There will be two more held this year, one at Pearl Harbor and the other at Portsmouth, N. H.

Punishment results may be published

Commanding Officers are authorized to announce the name, rate, offense and disposition of personnel awarded nonjudicial punishment (NJP), according to a new change to the Navy Judge Advocate General Manual.

NJP announcements are authorized to be published in the Plan of the Day and to be posted on bulletin boards

within one month of the imposition of NJP. NJP cases may also be announced at morning quarters.

As described by ALNAV 85/51, the publication of NJP results is rooted in the reasonable belief that it serves to inform and deter other servicemembers from committing similar offenses.

More buying bonds at NRMC Oakland

Although the 1981 Savings Bond Drive has ended at Naval Regional Medical Center Oakland, Lieutenant Commander Patricia Hoggatt, campaign chairperson, reminds all personnel that they may sign up for the payroll

savings plan at any time.

"Thanks to all the key workers for their fine assistance on this year's campaign," she said.

The drive this year resulted in an increase over last year's enrollment.

Legal notice governing proposed settlement of class action suit

United States District Court
Northern District of California
REBECCA VALDEZ, et al.,
Plaintiffs,
v.
CLIFFORD ALEXANDER, JR.,
Defendant.
NO. C-73-0863 SC
NOTICE TO CLASS OF PENDENCY AND PROPOSED SETTLEMENT OF CLASS ACTION

TO: ALL HISPANIC, PRESENT OR PAST EMPLOYEES, OR APPLICANTS FOR EMPLOYMENT, AT THE OAKLAND ARMY BASE, OAKLAND, CALIFORNIA.
Please carefully read this entire notice as it may affect your legal rights.

A lawsuit alleging that the Oakland Army Base ("OARB") discriminates against Hispanic employees and applicants for employment was filed in 1973 and is presently pending in the United States District Court for the Northern District of California. The lawsuit, entitled *Valdez vs. Alexander, Jr.*, C-73-0863 SC, originally sought injunctive relief and damages for the individual plaintiff and the members of the plaintiff's class. On March 15, 1978, the Court defined the class to consist of:

All Hispanic persons who have applied for employment, who have been or are presently employed at the Oakland Army Base, who have been, are being, or may in the future be discriminated against on the basis of race, color or national origin with respect to hiring, job assignment, training, promotion, or discharge by virtue of defendants' unlawful acts, practices or policies.

The plaintiff and defendants have now agreed to settle the case. The proposed terms of settlement, called a Consent Decree, have been tentatively approved by the Court. If finally approved by the Court, the settlement will bind all class members to its terms and will bar all claims of classwide discrimination arising prior to the Court's approval with the exception of pending formal or informal claims of discrimination filed at OARB.

The Court's tentative approval of the settlement is subject to hearing the views, if any, of individual class members, that the proposed Consent Decree is a fair and adequate settlement of the claims raised in the lawsuit. The Court will approve the Consent Decree unless the Court determines final approval is not appropriate based on any showing by you or any other class members made at a hearing to be held on Aug. 21, 1981, in the Courtroom No. 3 at the United States District Court, 450 Golden Gate Avenue, San Francisco, California. Anyone who objects to the settlement must file his or her written objections not later than August 11, 1981, with the Clerk of the Court. Such objections should be mailed or personally filed with the Clerk of the Court, United States District Court, Northern District of California, Federal Building, 450 Golden Gate Avenue, San Francisco, California.

A copy of the Consent Decree is available at the following locations:

1. Clerk's office, United States District Court, 450 Golden Gate Avenue, San Francisco, California;
2. Equal Employment Opportunity Office, Bldg. 1, Room 2CD, OARB, Oakland, California;
3. The offices of the lawyers of the class: the Legal Aid Society of Alameda County, 2357 San Pablo Avenue, Oakland, California.

The following is a summary of the Decree:

1. The defendant does not admit that OARB ever discriminates in the past and promises that OARB will not discriminate in the future;
2. The Decree will bar all claims of classwide discrimination occurring up to the date of Court's approval of the settlement unless the claim of discrimination is part of a formal or informal administrative complaint which is pending at OARB;
3. Hiring goals have been set to increase Hispanic representation at all grade levels in the GS pay schedule. In order to achieve these goals OARB will adopt a recruitment and hiring

program aimed at increasing Hispanic representation in employment and will do the following, among other things:

a. accept applications at OARB and in the community for certain OARB positions;

b. give tests to applicants both at OARB and in the community (e.g., at the Spanish Unity Council and Educacion Para Adelantas) and, if a sufficient score is obtained and position available, offer employment immediately after the taking of the test;

c. increase its contacts with Hispanic community groups;

d. establish a "test preparation program" which will be given at OARB and in the community to individuals who have failed tests to obtain employment at OARB;

e. recontact Hispanic applicants who decline positions at OARB and solicit media announcements aimed at the Hispanic community;

4. On an annual basis, for the term of the Decree, OARB will submit progress reports on the implementation of the Decree to the Court;

Notice to Class of Pendency and Proposed Settlement of Class Action.

5. The named plaintiff will be given a retroactive promotion and an award of back pay;

6. In accordance with Title VII of the Civil Rights Act of 1964, the defendants have agreed that plaintiff shall be considered the prevailing party solely for the purpose of attorneys' fees and solely on the hiring issues raised in the case. The amount of fees have not yet been determined by the Court.

7. This lawsuit will not be litigated further if the Consent Decree is finally approved by the Court. The hiring goals and hiring and recruitment program under the Decree will, however, continue for five years unless terminated at an earlier date due to OARB achieving its employment goal with respect to the employment of Hispanics.

If you have any questions about this notice or the proposed Consent Decree, you may consult your own private lawyer, or you may contact Captain Carol Hill at the Office of the Staff Judge Advocate, (466-2921).

-- AND EDUCATION

Force Master Chief addresses corpsmen

"We exist for the *green and gray* and we are getting on line to support them," declared Master Chief Hospital Corpsman Stephen W. Brown, Force Master Chief for the Navy Bureau of Medicine and Surgery, in an address to enlisted personnel of this command during a recent Oakland visit.

"Since I've been on the road, I have been impressed with the rebirth of *Pride and Professionalism*," he said, "and there are none greater than the hospital corpsmen and dental technicians. Come on up to the Quarterback, make the commitment—and if you don't feel that way, then it is time to go! We have too many E-7s, E-8s and E-9s, and not enough chiefs, senior chiefs and master chiefs. I want to stress that when you write an evaluation, to call it as you see it. We have enough dead weight in the Navy! Don't pass your problems on to the rest of the fleet. If we do these things this will be a quality Hospital Corps."

Master Chief Brown also reported on developments at the Washington level that affect the Navy, and the Hospital Corps in particular, stating that he is hopeful and optimistic that the number of personnel in that rating will increase by October. He said that the fleet hospital concept is in full swing. The portable hospitals will be expandable, with space either for 750 to 1,000, or 250 to 500 beds (depending on size) and will require a total manning of up to 1,000 personnel.

He told the group the new administration under President Reagan, is very pro-military, and Senators Tower and Warner are also lending support.

Vice Admiral Cox is known as a fighter with a silver tongue and Admiral Hayward

is a great man. He can make it work. Look positive to the future. The Russians can't fight human dignity or freedom!"

The Force Master Chief also reported:

- Optimism about an across-the-board pay raise.
- Considerable work is being done on a new GI bill with increased educational benefits.

- Dental CHAMPUS, now on the burner, is looking better. Five areas of treatment may be covered. There should be some action on this during the next fiscal year.

- Variable Housing Allowance (VHA) is still being looked at.

- The training received in Hospital Corps School has been of great concern to many people. Optimistically, the school will be increased in length by two weeks to allow for hands-on experience, and the Advanced Hospital Corps School lengthened by six weeks to include training on administration.

- Ninety-seven percent of the school quotas are filled. Some NECs are tight, but others like Inhalation Therapy and Pharmacy are desperately needed.

- Because of the success of the Basic X-ray School, the advanced school curriculum may include special procedures like training on CAT scan, ultrasound, etc.

- There will be new training manuals out in August or September. ("A lot of people spent many hours working on them," the Force Master Chief said. "As a matter of fact, my wife could take the HM3 exam!")

Specific questions from the floor and the answers provided by Master Chief Brown during the assembly included:

* Q: In the past when we have been deployed with the Marines, we had to stay out for the whole tour. Has anything been done to make this situation more equitable?

A: I think what you are referring to was the problem of PSD not recording the deployments of corpsmen. That has been resolved.

* Q: If a chit is disapproved, do I still have the right to send it to the bureau?

A: That is command discretion. I don't know the exact particulars of your request, but generally the bureau will not approve a request that is not approved at the command level. (HMCM Brown offered to meet with the questioner after the meeting)

* Q: Are there any plans to support the Medical Department with the Fleet Marine Force (for assignments) which do not count as sea duty?

A: As a matter of fact, my point paper that I will present to the meeting of the Force/Fleet Master Chief Petty Officers will be to credit FMF deployment as sea duty. However, the mission of the Medical Department is to provide support to the Fleet and to the Marine Corps.

* Q: Do the selection boards view independent duty with the FMF in the same light as independent duty aboard ship?

A: The precepts of the boards are different for every selection and the board members are sworn to secrecy, so it's hard to tell what is being done. However, you're looking at someone who has 29 years of service, and only four which count for sea duty. When I sat on the board for physicians' assistants this past year we looked at the total record. If the selection was between two people who had similar records, we went back to Day No. 1.

* Q: Are there any more changes coming down from the CNO with regard to *Pride and Professionalism*?

A: This latest message—*Pride II*—is the last change that we know of, but there may be more. The bell bottoms look sharp. I get calls from the fleet E-1 to E-6s saying that they like that uniform. We will soon see a time when 'earning that hat' means something. We're going back to the time when it meant something to become a chief.

* Q: What is being done about the women who are 8404 (Field Medicine Technicians)?

A: The Commandant of the Marine Corps has decided that there will be no women in operational forces. Dental has women in deployment units because they think they won't deploy, but we cannot use Hospital Corps women in deployment units. We can assign women to combat ships, but only for six months; if they are ordered into hostile waters they must be pulled off.

During his July 9-14 visit to this medical region, the Force Master Chief, once Command Master Chief of Naval Regional Medical Center Oakland, also visited Moffett, Alameda, Concord and Treasure Island clinics and met with corpsmen there.

Educational benefits

Navy speaks out for continued funding

More than a quarter of a million Navy personnel, both active duty and veterans, have used GI bill benefits for correspondence courses during the past 15 years. Congress is currently considering budget cutback legislation which could end funding for these courses.

Correspondence courses are included in the GI bill and 70 percent of a course's cost is funded by the Veteran's Administration (VA). Correspondence course funding under the Veterans Educational Assistance Program (VEAP) would also be terminated if the proposed legislation is passed.

The Navy position is that the use of GI bill tuition benefits for vocationally-oriented correspondence should not be prohibited. Similarly, restrictions should not be placed on the use of VEAP

funds for correspondence courses, since this is a contributory program requiring substantial investment for the servicemember.

The House version of the proposed bill is HR-1903 and the Senate version is S-918. All service personnel would be affected by the loss of GI bill funding for the courses.

An alternative to VA funding of courses is the use of tuition assistance. This funding source is limited to accredited institutions which may have few vocationally-oriented courses. Tuition assistance is provided on a reimbursable basis only upon completion of the course.

The Navy will continue to make every effort to make sure Congress understands the importance of this program to Navy members.

Your lease and its 'military clause'

Normally, when you negotiate a house or apartment lease with a landlord, an item known as "military clause" should be included and studied in depth.

The military clause generally states that you can end a lease, as long as you pay a specified amount called "liquidated damages." These damages are intended to compensate for the sudden break in tenancy.

There is no standard military clause, since its wording is a matter for negotiation between you and your prospective landlord. You should be able to end the lease on 30 days' notice (a copy of the official orders should accompany notice) to the landlord for any of the following reasons:

- If you receive permanent-change-of-station orders to leave a 50-mile radius (or more) from your present dwelling location.

- If you are released from active duty.

- If you leased the property before arrival and orders are changed to a different area before you move in.

- If you get orders to move into on-base housing. In this case, you must have been given sufficient notice from the housing authority to allow for proper landlord notification.

Other contingencies that you may want to include would be:

- A provision giving your survivors or the executor of your estate the authority to end a lease if you die. (Tenancy does not end if the tenant dies. A survivor can't move without continuing to pay rent on the leased housing.)

- Or a provision that protects extended deployments, like the recent Indian Ocean deployment.

Most leases are for 12-month periods. If you exercise the military clause before you have lived in the dwelling six months, it would not be out of line for the landlord to charge you a sum equal to one month's rent. Likewise, 50 percent of a month's rent would not be unreasonable for leaving any time after six months.

When you give notice to end your lease, make sure it is in writing and is dated. Send it certified mail and keep a copy.

Finally, remember that a lease is a binding contract often used against the tenant. Do not rely on oral assurances about the provisions in your lease and, when in doubt, consult your command's legal officer before you sign. (NES—Courtesy of the Naval Legal Services Office, Norfolk, Va., and AFIS.)

Tips on parking security

The numbers are staggering. About every 37 seconds a car is stolen somewhere in the United States, according to information released by General Motors.

That adds up to almost 800,000 cars in a year. You can help to assure that your car doesn't get counted toward a similar statistic for 1981 by avoiding four common parking mistakes.

The "just for a minute" syndrome. When you leave your car, even if it's "just for a minute," lock all doors and take the keys.

About one of every five cars stolen was left unattended with keys in the ignition.

Keep your driver's license and vehicle registration cards in your wallet or purse. If a car thief finds these documents in the vehicle glove box, he or she can impersonate you if stopped by the police.

The isolated location. It's safest to park in a locked garage, of course. But if you can't, don't leave your car in a dark, out-of-the-way spot.

Instead, try to park on a busy, well-lighted street. Thieves shy away from tampering with a car if there's a high risk of being spotted.

The display case. There's nothing more inviting to a thief than expensive items lying in a car in plain sight.

If you lock these items in the trunk or glove box, there's less incentive for a thief to break into the passenger area of your car.

Also, when you park in a commercial lot or garage, be cautious. Lock your valuables in the trunk and leave only the ignition key with the attendant.

The space at the end of the block. In recent years, professional car-theft operations have become an increasing problem. Unlike amateurs, professionals are not easily deterred.

Cars parked at the end of the block are easy targets for the professional thief with a tow truck. So, it's best to park in the middle of the block.

Be sure to turn your steering wheel sharply to one side or the other. That will lock the steering column and prevent the car from being towed from the rear.

PEOPLE MAKE NEWS

Captain Pittington retires after 35 years in Navy

Captain Francis C. Pittington, former commanding officer of Naval Hospital Lemoore, retired July 30 after 35 years in the Navy.



Lemoore's retiring skipper, the sixth in its 13 years as a naval hospital, entered the Navy from Sterling, Colo. in October 1942 as a Hospital Apprentice Second Class. The son of Mrs. Nina Pittington of Sterling received recruit training at San Diego and advanced through successive Pharmacist Mate ratings to Pharmacist Mate First Class, then returned to civilian life in November 1945. He was recalled to active duty in support of the Korean Conflict as a Hospital Corpsman First Class in 1950 and received a commission as ensign in the Medical Service Corps on Sept. 9, 1955.

During World War II and after serving brief periods at Naval Hospitals San Diego and Corona, Calif., Captain Pit-

tington served in patrol aircraft and carrier aircraft service units, fleet air wings, and Navy construction battalions in the South Pacific, which included combat in the Gilbert and Marshall Island campaigns.

He served at the Missile Test Center Point Mugu during the initial stages of missile guidance system development. A subsequent tour as Chief, Security Division, Naval Hospital Great Lakes was followed by duties as Director, Medical-Dental-Clerical Division and Administrative Officer, Naval Examining Center, Great Lakes, where he was responsible for the development of advancement examinations in the medical, dental and clerical ratings, including the first E-8 and E-9 examinations.

In June 1960 he reported to Naval Hospital Guam for a tour as Chief, Personnel and Records Division, followed by the same duties at Naval Hospital Camp Pendleton. Following a subsequent tour as Medical Administrative Officer, Naval Air Station North Island, he reported to Naval Hospital Taipei, Taiwan, as Administrative Officer, a title he also held in the next assignment to Naval Hospital Patuxent River.

Returning overseas in 1970, he served as Administrative Officer of the hospital ship USS SANCTUARY (AH-17) in support of combat operations in Vietnam. Returning to the hospital at Taipei, he served a three year tour as Executive Officer and Director, Administrative Services, followed by a second tour carrying the same title at Naval Regional Medical Center Guam.

After more than six years of continuous sea and overseas shore duty, he reported to Naval Regional Medical Center Camp Pendleton in July 1976 as Director, Administrative Services. He

assumed command of Naval Hospital Lemoore on Aug. 28, 1979.

Captain Pittington's awards include the Joint Service Commendation Medal, Navy Commendation Medal, Navy and Marine Corps Unit Commendation, Navy Good Conduct Medal, Navy Reserve Medal, Humanitarian Medal, and various campaign medals. His foreign decorations include the Vietnam Cross of Gallantry with Gold Star, Vietnam Armed Forces Honor Medal First Class, Republic of China Navy Commendation Medal, Republic of China Foreign Affairs Service Department Distinguished Service

Medal, and the Naval Academy Alumni Medal, Republic of China.

He is an alumnus of the Officer Candidate School, Newport, R.I.; Naval School of Justice, Newport; Naval School of Hospital Administration, Bethesda; University of Guam; University of Maryland, and the Federal Health Care Executive Inter-Agency Institute. He is a member of the Association of Military Surgeons.

Captain Pittington and his family are now living in Anaheim, Calif., where he is engaged in a private business venture.



BOUNCING BULL—The traditional bull didn't stay in Michael Biggs' custody long. With his promotion to Lieutenant (junior grade) the trophy is passed to Ensign Deborah Prekker of Laboratory Service, who becomes the "bull ensign" of the command. Witnessing the transfer at left is Commander Frank Fisher, Director of Administrative Services.

Kudos.....

Navy Achievement Medals

Hospital Corpsman Second Class Charles Frye, Psychiatry Service, for duty at Naval Regional Medical Center San Diego.

Lieutenant Richard LaFontaine, Radiation Therapy.

Special Achievement (Civilian Awards)

LaVerne Whittington, Administration.

Rosalina Adler, Supply.
Marion Mooney, Psychiatry.
Dorothy Wong, Supply.
Stella McIntyre, Hypertension Clinic.

Length of Service (Civilian Awards)

35 Years

William Mainieri

30 Years

Isabel Castillo, R. N.

25 Years

Lottie Raines
Florence Benigno, R. N.
Magdalene Noe
Gudrun Smith, LVN

20 Years

Joan Gilmore
James Bonds
Bernita Sherrard
J. Hugh Lenahan, M. D.
Mildred Johnson, R. N.
Delores Glazis

15 Years

Eric Bien, O. D.
Rosie Bridgett
Fred Perea

10 Years

Hattie Velasquez
Jerry Ratti
Betty Harrison
Gumerinda Abastillas, R. N.
June Reichmann

Robert Crum
Patricia Cox
Kip Rogers
Harriet Cohen

5 Years

Wayne Perry
Letters of Commendation
Lieutenant Daniel Angelier
Master Chief Dental Technician Clotilda Julina

Lieutenant D. Kim Taylor
Hospital Corpsman Second Class Linda Boris

Commander Lawrence Raymond
Hospital Corpsman Third Class Sara Place
Hospital Corpsman First Class Frank Gillette

Lieutenant (junior grade) Robert Owen

Lieutenant (junior grade) Joel Libby
Mildred Johnson

Letters of Appreciation

Lieutenant Commander Loretta Griffiths
Commander Charles Spielman
Lieutenant Mary Gwin
Hospital Corpsman Third Class Jonathon Eubanks

Lieutenant Commander Regis Turocy

Commander John Leshner
Lieutenant Commander Patricia Froelich-Maleniecki

Residency Certificates

Lieutenant Commander Donald Rowell, Ophthalmology.

Lieutenant Commander Lloyd Wade, Jr., OB/GYN.

Lieutenant Commander John Polito, OB/GYN.

Lieutenant Commander Peter Fern, OB/GYN.

Commander Louis Bernhardt, Radiology.

Lieutenant Commander Jack Avalos, Radiology.

Lieutenant Commander Thomas Harries, Orthopedics.

Lieutenant Commander Ronald Warcholek, Podiatry.

Captain John Branch, ENT.

Lieutenant Commander John Schvanevelt, ENT.

Lieutenant Commander Robert Taylor, ENT.

Lieutenant Bruce Cannon, Anesthesiology.

Lieutenant William Helvey, Internal Medicine.

Good Conduct Awards

Hospital Corpsman Second Class Francis Girotti

Hospital Corpsman Second Class William Lough

Hospital Corpsman Third Class Bradford French

Dental Technician Third Class Diane Vaujin

Hospital Corpsman Third Class Barbara Desmond

Promotions

To Lieutenant (junior grade): Michael Briggs, Robert Hoffner, David McQueen and Kathleen Williams.

Advancements

To Hospital Corpsman Third Class: Stephanie Atkinson, Donald Boat and Norman Cooper.

Frocked

Lieutenant Robert Burg, Medical Service Corps.

Lieutenant Arthur Fox, Medical Service Corps.

Lieutenant Mary Brown, Chaplain Corps.

Lieutenant Adelina Gage, Nurse Corps.

Augmentation

Commander Thomas Dresser, Medical Corps.

"Deep Freeze" Selectees

Hospital Corpsman First Class Feliciano Bencomo, Mare Island Branch Clinic.

Hospital Corpsman Second Class Karen L. Roberts, Moffett Field Branch Clinic.

Hospital Corpsman Third Class David R. Taylor, Emergency Room.

Hospital Corpsman Third Class Perry J. Wein, Laboratory Service.

Hospitalman Robert L. Michalek, Operating Management.

New flag for JAG

The Secretary of the Navy has approved the appointment of Captain Bruce Harlow, JAGC, USN, to the rank and grade of Rear Admiral as Assistant Judge Advocate General for Civil Law, with additional duty as the Joint Chiefs of Staff representative for law of the sea.

Rear Admiral Harlow took the oath of office on July 29.

CDR Legg (From Page 1)

master's degree and has nearly 27 years' service. He is a Naval Postgraduate School graduate in management and has held numerous administrative positions, including duty with the Naval Medical Materiel Support Command, USS JOHN F. KENNEDY (CVA-47), and Naval Hospital, Corpus Christi, Tex.

AND MORE NEWS

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Terry Cook, Nurse Corps, to Okinawa.

Lieutenant Commander Donald Rowell, Medical Corps, Ophthalmology, to NRMCC Portsmouth.

Lieutenant Gwendolyn Boatman, Medical Corps, to Yokosuka.

Lieutenant Roark Hayes, Nurse Corps, to Yokosuka.

Lieutenant Commander Loretta Griffiths, Nurse Corps, to Camp Pendleton.

Lieutenant Mary Gwin, Nurse Corps, released from active duty.

Master Chief Dental Technician Clotilda Juliani, to Naval Regional Dental Center, Treasure Island.

Hospital Corpsman Second Class Linda Boris, Psychiatry, to National Naval Medical Center Bethesda.

Hospital Corpsman Third Class Sara Place, Alcohol Rehabilitation, to Naples, Italy.

Commander Arthur B. Kleifoth, Medical Corps, Neurosurgery, released from active duty.

Commander Charles Spielman, Medical Corps, Cardiology, released from active duty.

Hospital Corpsman Third Class Jonathan Eubanks, Pharmacy, to Naval Hospital Roosevelt Roads, Puerto Rico.

Commander Louis Bernhardt, Medical Corps, Radiology, to NRMCC Bremerton.

Lieutenant D. Kim Taylor, Medical Service Corps, from Mare Island Branch Clinic to Camp Lejeune.

Captain John Branch, Medical Corps, to Guam.

Lieutenant Commander John Schvaneveldt, Medical Corps, to Pensacola.

Lieutenant Commander Robert Taylor, Medical Corps, to New London.

Lieutenant Commander Regis Turcoy, Medical Service Corps, to University of Pittsburgh.

Lieutenant William Shurley, III, Medical Corps, to Bremerton.

Lieutenant Felipe Robinson, Medical Corps, to China Lake.

Commander Lawrence Raymond, Medical Service Corps, to Navy Military Personnel Command.

Hospital Corpsman First Class Frank Gillette, Clinical Investigations Center, to USS HECTOR (ARS-7).

Lieutenant John Mason, Medical Corps, to Yokosuka.

Lieutenant Michael Levini, Medical Service Corps, to Great Lakes.

Commander Joel Poole, Medical Corps, to Okinawa.

Lieutenant Commander Thomas Harries, Medical Corps, to Yokosuka.

Lieutenant Commander Ronald Warcholek, Medical Service Corps, to Orlando.

Lieutenant Bruce Cannon, Medical Corps, to Roosevelt Roads, P. R.

Lieutenant William Helvey, Medical Corps, to Great Lakes.

Commander John Leshar, Chaplain Corps, to Navy Chaplain School, Newport.

Lieutenant Commander Patricia Froelich-Maleniecki, Nurse Corps, to Guam.

Lieutenant Richard LaFontaine, Medical Service Corps, to University of California (Los Angeles).

Lieutenant Daniel Angelier, Medical Service Corps, to San Diego.

Lieutenant Julia Dyke, Nurse Corps, released from active duty.

Lieutenant Kathy Umfrid, Nurse Corps, resigned.

Hospital Apprentice Timothy Walker, honorably discharged.

Hospital Corpsman First Class Robert J. Nelson, honorably discharged.

Instrumentman Second Class Bryan Markham, honorably discharged.

Hospitalman Buddy Brandenburg, honorably discharged.

Hospital Corpsman Third Class David E. Day, to 1st Marine Division, Camp Pendleton.

Hospital Corpsman Second Class Lawrence Marchionda, to Naval School of Health Sciences, Bethesda, Md.

Electrician's Mate Third Class Robert Thompson, to USS CORAL SEA.

Hospital Corpsman Third Class Eva Eubanks, to Naval Hospital, Roosevelt Roads, P. R.

Hospital Corpsman Second Class Mikel Heins, honorably discharged.

Lieutenant William Shurley, to NRMCC Bremerton.

Hospital Corpsman Third Class to Stephen Orville, honorably discharged.

Hospital Corpsman Second Class Marcus Thompson, honorably discharged.

Hospital Corpsman Third Class Richard A. Stansbury, honorably discharged.

Hospitalman Leroy Greene, honorably discharged.

"Welcome aboard" to newly arrived:

Captain Georgia Johnston, Nurse Corps.

Commander Donald Bliss, Medical Corps, Internal Medicine.

Lieutenant David Anderson, Nurse Corps.

Ensign William Reed, Clinical Clerk.

Lieutenant Lawrence Scott, Medical Corps, Surgery resident.

Lieutenant Commander R. Kirk Ridgeway, Medical Service Corps, Physical Therapy.

Lieutenant Commander Michael Taylor, Medical Service Corps, Radiation Health.

Lieutenant Jay Hoppus, Chaplain Corps, Pastoral Care Service.

Lieutenant Steven Jensen, Medical Corps, Radiology.

Lieutenant Douglas Mayers, Medical Corps, indoctrinee to Yokosuka.

Lieutenant (junior grade) Robert Vernon, Medical Service Corps, Medical Technologist.

Lieutenant Deborah Sohl, Nurse Corps.

Lieutenant Commander James Vanden Bosch, Nurse Corps.

Captain Michael Crucitt, Medical Corps, Hematology.

Ensign Kurt Jones, Clinical Clerk.

Lieutenant Commander Jerome Bielawski, Medical Service Corps.

Hospital Corpsman Third Class Stephen Bogner, Alcohol Rehabilitation Service.

Hospital Corpsman Second Class Reynaldo Arca, Laboratory.

Hospitalman Diane Vroman, Operating Management.

Dental Technician Third Class Dale Graham, Dental Clinic.

Hospital Corpsman First Class Phillip Leach, Nuclear Medicine.

Hospital Corpsman Third Class Paul Brooks, Operating Management.

Hospital Apprentice Barbara Gilhousen, Military Manpower.

Hospitalman Frank Bowen, Nursing Service.

Hospital Corpsman Third Class George Nowak, Operating Management.

Rick Williams selected SOM

Hospital Corpsman Third Class Richard Williams of Military Manpower Service has been selected as this command's Sailor of the Month for July.

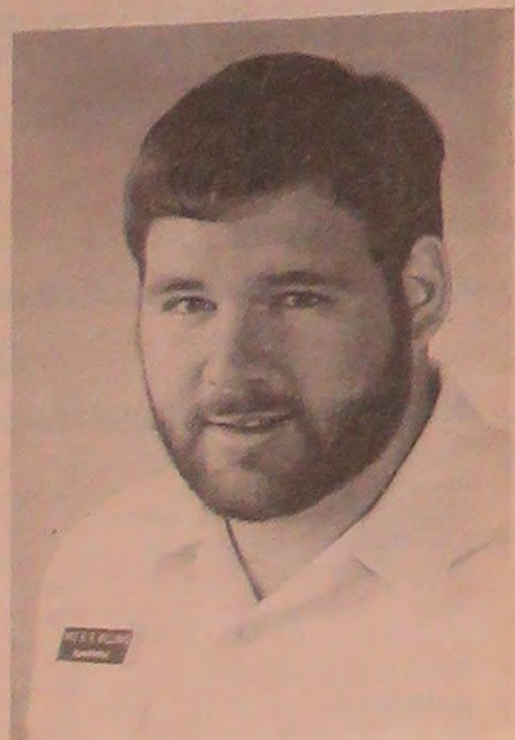
When asked for his feelings about being selected, the corpsman modestly said, "I just do the best I can."

In nominating him for the award, however, his supervisor, Lieutenant (junior grade) Robert P. Owen reported Petty Officer Williams' performance as Leading Petty Officer and Leave Clerk for the past 11 months in that office is unexcelled.

"His military bearing, dedication to his work, and steadfast loyalty to those whom he serves has made him an outstanding member of this command," the officer continued. The selection board agreed and granted him the honor last week.

Originally from Stockton, Calif., where his parents still live, Petty Officer Williams has three and a half years' Navy service. He completed Hospital Corps School in San Diego and Field Medical School at Camp Pendleton and was assigned to Kaneohe, Hawaii, before his current assignment here.

His military records contain letters of commendation from the commanding officers of both Naval Regional Medical Center Pearl Harbor and NRMCC Oakland; letters of appreciation from the commanding officer of Naval Recruiting, San Francisco, the senior medical officer at Kaneohe, and the Chief of Military Manpower Service at Oak Knoll.



HM3 Richard Williams

He is licensed in the State of California as an Emergency Medical Technician.

Petty Officer Williams and his wife Maria live in San Leandro. They recently became parents of a baby boy whom they have named Christopher.

Rick enjoys racquetball, golf, bowling and softball and played tackle football for the Marine Corps Naval Air Station team in Kaneohe.

His future plans include working for a bachelor's degree in nursing or business.

New chaplain former line officer

Lieutenant Jay L. Hoppus, recently assigned to Pastoral Care Service here, has thus far had quite an interesting career in the Navy.

Formerly a line officer assigned to VF151 on the Coral Sea, DIA, and CVW-1 on the JFK, he then decided to become a chaplain. Also formerly assigned to Naval Mobile Construction Battalion Four with the Seabees, the United Methodist chaplain has been involved in many parts of the operational Navy.



Chaplain Jay Hoppus

Lieutenant Hoppus holds a bachelor of arts degree and a master's degree in divinity. In this assignment, his first in the medical community, he hopes to "leave tracks" and to improve his pastoral care and counseling ministry.

The lieutenant has 17 years of Naval service (10 active and 7 reserve), and holds the Vietnam Campaign Ribbon, the Vietnam Meritorious Ribbon, Navy Reserve Ribbon, Sea Ribbon, Republic of Vietnam Ribbon, the Armed Forces Expeditionary Ribbon, the National Defense Ribbon with Battle "E", and the Navy Unit Citation.

Chaplain Hoppus also has a membership in the Ministerial Association, and enjoys singing in various church choirs, playing guitar, song-writing, reading, collecting out-of-print religious books, and his Porsche 356C. He and his wife Ginger are parents of four children—Jamie, Jesse, Jason and Joshua.

SECNAV on ACDUTRA

Secretary of the Navy John Lehman recently completed two-weeks active duty training with Medium Attack Wing One (COMMAWING ONE), NAS Oceana, VA.

A lieutenant commander in the Naval Reserve, Secretary Lehman trains primarily in the A-6 intruder, although he has undergone training in other aircraft.

This is the 15th consecutive annual ACDUTRA for LCDR Lehman since his commission in the Naval Reserve, and the fifth at NAS Oceana.

When named Secretary of the Navy, Mr. Lehman transferred to a "non-pay" status but remained in the Naval Reserve so he could continue proficiency training and maintain technical qualifications.

SPEAKING OF HEALTH CARE

You don't have to go through medical school to get some idea of your chances of having a stroke or heart attack.

The Lifestyle Test shown below can give you an idea of where you stand.

Pencil in hand?

Then sit down and answer the questions truthfully. If you cheat, you're only hurting yourself.

TEST YOUR

LIFESTYLE

& YOUR CHANCES FOR HEART ATTACK

SCORE CARD

In the space next to each category, place the letter indicating your choice. The point system is given at the end of the test.

	Letter	Points
AGE	_____	_____
HEREDITY	_____	_____
WEIGHT	_____	_____
SMOKING	_____	_____
EXERCISE	_____	_____
FAT %	_____	_____
BLOOD PRES.	_____	_____
SEX	_____	_____
TOTAL	_____	_____

AGE: I am: (a) 10-20; (b) 21-30; (c) 31-40; (d) 41-50; (e) 51-60; (f) 61 or over.

HEREDITY: Count parents, grandparents, brothers, sisters, who have had a heart attack/stroke: (a) no known history; (b) one relative over 60; (c) two relatives over 60; (d) one relative under 60; (e) two relatives under 60; (f) three relatives under 60.

WEIGHT: My weight is: (a) 5 lbs below my standard; (b) less than 5 lbs under to 5 lbs over my standard; (c) 6-20 lbs overweight; (d) 21-35 lbs overweight; (e) 36-50 lbs overweight; (f) 51-65 lbs overweight.

SMOKING: My smoking habits are: (a) non-user; (b) cigar or pipe user; (c) 10 cigarettes or less daily; (d) 20 cigarettes a day; (e) 30 cigarettes a day; (f) 40 or more cigarettes a day.

EXERCISE: I am involved in: (a) intense occupational/recreational exercise; (b) moderate occupational/recreational exercise; (c) sedentary work/moderate recreational exercise; (d) sedentary work/light recreational exercise; (e) infrequent exercise; (f) no exercise at all.

FAT PERCENT: Estimate the percentage of solid fats you eat; these are usually of animal origin—lard, cream, butter, beef, lamb. The U.S. average,

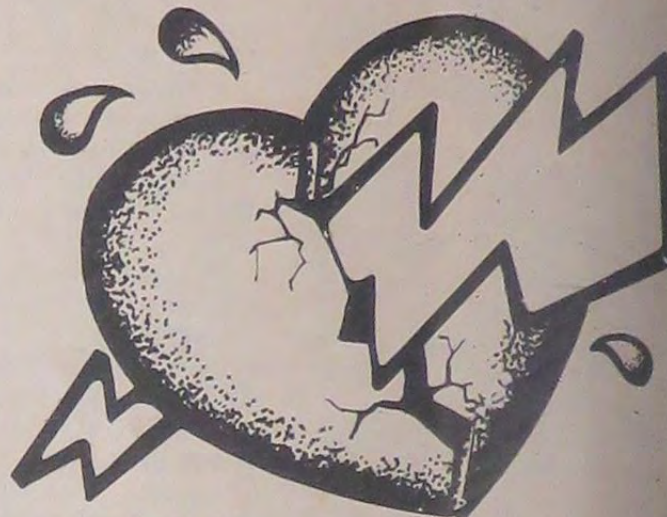
40 percent, is too high for good health. I have _____ percent of cholesterol/animal/solid fat in my diet: (a) zero (below 180 mg.); (b) 10 (181-205 mg.); (c) 20 (206-230 mg.); (d) 30 (231-255 mg.); (e) 40 (256-280 mg.); (f) 281-300 mg.).

BLOOD PRESSURE: If you have no recent reading but have passed your annual physical, chances are you have 140 or less. My upper blood pressure reading is: (a) 100; (b) 120; (c) 140; (d) 160; (e) 180; (f) 200 or over.

SEX: This takes into account the fact men have from six to 10 times more heart attacks than women of child-bearing age. I am a: (a) female under 40; (b) female 40-50; (c) female over 50; (d) male; (e) stocky male; (f) overweight male.

SCORING: Place the numerical score in the Score Card, and add up your total.

AGE: a=1; b=2; c=3; d=4; e=6; f=8.



HEREDITY: a=1; b=2; c=3; d=4; e=6; f=7.

WEIGHT: a=0; b=1; c=2; d=3; e=5; f=7.

SMOKING: a=0; b=2; d=4; e=6; f=10. If you inhale deeply and smoke a cigarette way down, add 1 to your points.

EXERCISE: a=1; b=2; c=3; d=5; e=6; f=8. Lower your score one point if you exercise regularly and frequently.

FAT PERCENT: a=1; b=2; c=3; d=4; e=f=7.

BLOOD PRESSURE: a=1; b=2; c=3; d=4; e=6;

SEX: a=1; b=2; c=3; d=5; e=6; f=7.

If you score—

6-11, your risk is well below average.

12-17, your risk is below average.

18-24, your risk is generally average.

25-31, your risk is moderate.

32-40, your risk is at a dangerous level.

41-62, your danger may be urgent. You should see your doctor for a checkup in the very near future.

—DEERS expanded— Preparing for parenthood

DEERS (Defense Eligibility Enrollment Reporting System) is a computerized system to verify eligibility of persons seeking to use benefits such as health care from military medical facilities and CHAMPUS providers. The system will aid medical service providers in increasing availability of services. Also, the data gathered by the system will provide an accurate information base on which decisions can be made concerning resource planning for such facilities as housing, medical care, education, exchanges and commissaries.

DEERS began in the Norfolk, Va., area in late 1979, and has been expanded to include Arizona, California, Oregon and South Carolina.

Enrollment has also begun in Texas (less three digit zip codes 797XX, 798XX, and 799XX in west Texas), Oklahoma and Arkansas. Enrollment in Florida, Alabama and the remainder of Mississippi is scheduled to start in September 1981.

The remainder of the continental U. S. will be covered by mid fiscal year '82, according to the Navy DEERS officials. Eligibility checking has commenced at military medical treatment facilities throughout the completed enrollment areas. Medical personnel are conducting eligibility checks on a routine basis to ensure that care is provided only to eligible personnel. While medical care will not be denied at the present time, certain administrative delays can be anticipated when dependents are found not to be enrolled.

Personnel Support Activities, their detachments, and ship or squadron personnel offices within the first 10 DEERS states, along with their counterparts in the other uniformed services, have participated in enrolling over 1.7 million active duty dependents in DEERS.

Personnel who need to enroll their dependents in DEERS should contact their local personnel support detachment or personnel officer.

An American Red Cross Instructor's Course for Preparation for Parenthood will be offered free on Sept. 2-4 in Building 71A from 9 a.m. to 4 p.m.

It will cover Red Cross Orientation, Material and Topic Orientation and Practice Teaching. This course will certify you to conduct a Red Cross course on Preparation for Parenthood along with 24 CEU credits. To remain cer-

tified, requires that you teach one course a year.

The Preparation for Parenthood classes are held one night per week for 6 weeks. The course covers such matters as birth control methods, alcohol and drugs during pregnancy, labor and delivery, and taking care of a newborn.

For more information contact Julie Bryant at Ext. 2524.

Portland test site for health plans

Doctor John H. Moxley III, Assistant Secretary of Defense (Health Affairs) has announced that Portland, Ore., has been selected as the first test site of the Health Maintenance Organization (HMO) demonstration to be conducted by CHAMPUS. The demonstration, authorized by the 1981 Defense Appropriation Act, is designed to examine the potential role of HMO's in the military health benefits program.

Beneficiaries residing in the greater Portland area will be offered a choice of using CHAMPUS or choosing one or more prepaid health benefits plans.

Under the prepaid plans, the government pays a good part of the cost of the plan and the beneficiary pays a set premium (monthly or biweekly). The premium plus a possible nominal charge per visit will be the only health care costs incurred by those participating in the HMO type of prepaid plans.

It is anticipated that about 2,000 families will be permitted to enroll in the Portland program. Should the number of families wishing to enroll exceed the 2,000 limit, a lottery

system will most likely be used to determine who would be selected to participate.

The current schedule calls for a summer enrollment with benefits becoming available in September or October of this year. Plans call for a one year phase-in period, followed by three full years of benefits offered at each test site, and a final year for the completion of data collection and analysis.

Brochures and letters with detailed information on the choices available were distributed to eligible Portland area residents in mid-June.

Other test sites are to be selected by CHAMPUS and announced in the future.

Advice is least heeded when most needed.

A smooth sea never made a skillful mariner.

Insanity is hereditary; we get it from our kids.

BARNEY gives aid to injured fisherman

USS BARNEY (DDG 6) provided emergency medical assistance to an injured lobster fisherman recently during engineering exercises off the coast of Rhode Island.

Although hampered by heavy seas and low visibility, Barney's motor whale boat, coxswained by BM3 Joseph Dubey, put medical personnel aboard the "Tommy Munro" within six minutes of departing BARNEY. Other members of the whale boat crew were:

LTJG Kenneth Pepper, HM1 Thomas Tomczak, BM2 Eric Bernhardt, EN3 Eric Farrom and SN Ian Bishland.

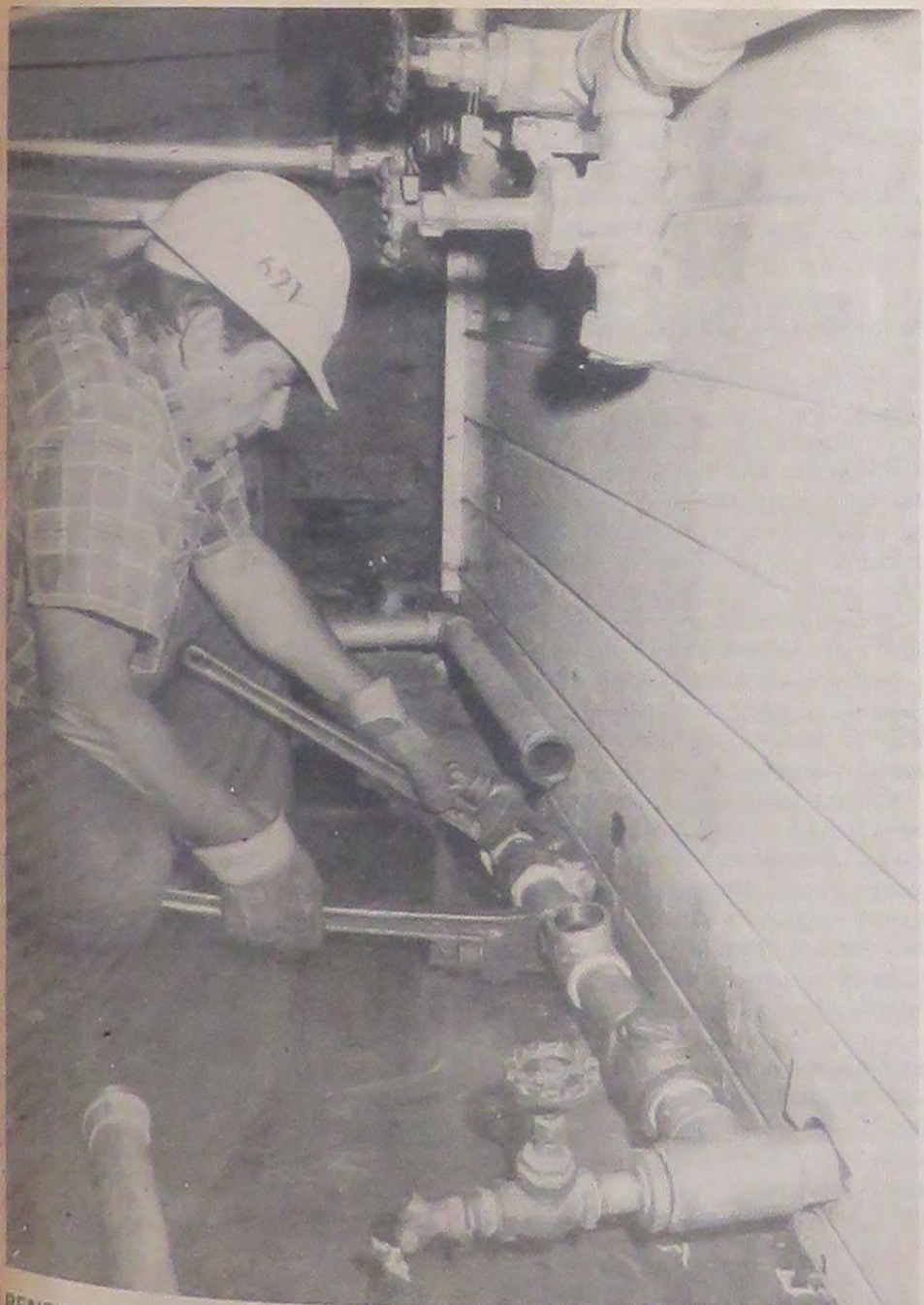
Once aboard BARNEY, the injured fisherman was given prompt medical treatment and was rushed to meet a Coast Guard cutter from the Block Island Coast Guard Station in Rhode Island. He was then transferred from the cutter to receive further medical attention ashore.

-- AND THE MEDICAL SCENE

Team spirit spurs hospital repairs without interference to patient care



WEEKEND DUTY—PWC Pipefitter Dave Pennock works on Saturday to repair a leak in the steam service provided to the Navy Motel, Barracks, Credit Union, Preventive Medicine School and Alcohol Rehabilitation Service.



RENEWING THE SYSTEM—PWC Boiler Plant Operator Donald Coons repairs a water pipe inside the boiler plant at Oak Knoll. The work was tied in with the outage during a recent steam leak repair project here.

The Navy Public Works Center, or PWC, is responsible for providing maintenance service in support of more than 20 different medical departments at Naval Regional Medical Center Oakland. These activities range from surgery, obstetrics and radiology to orthopedics. The primary and largest number of activities are contained in the main hospital building.

The primary PWC emphasis is on emergency service and recurring maintenance projects. PWC employees exercise close cooperation and coordination with the Staff Civil Engineer, Lieutenant Commander B. L. Rabold. Because of the nature of the hospital operation, getting the work done can mean PWC employees being on the job at times other than the normal routine working day.

A recent example involved steam leaks at the Navy hospital. Because of the nature of patient services, care was taken to arrange outage of the steam system that offered the least possible impact on the hospital operation.

Projects such as the recent steam leak repair job often cross over organizational lines. For example, operation of the Navy hospital utility system is the responsibility of the PWC

Utility Dept. Providing maintenance repair service is the responsibility of the PWC Maintenance Dept. The Staff Civil Engineer at the Navy hospital looks to the best interest of the patient care operation. Coordination of the actual work accomplishment is the responsibility of Maintenance Foreman Buddy Ball who is assigned to the PWC shop at Oak Knoll.

It was decided to accomplish the recent steam leak repair work on a Saturday and Sunday. At the same time this work was in progress, the PWC Utilities Dept. also accomplished related steam system work in the Navy hospital boiler plant.

Maintenance Foreman Ball commented on the importance of team spirit: "On a project of this kind a team effort is important. The hospital Staff Civil Engineer, the PWC Maintenance Dept., and the PWC Utilities Dept., are dependent partners. Scheduled outages and properly sequencing the repair work involves one person depending on the other. The end product is the need to provide efficient service in support of this Navy medical facility because the hospital medical department depends on the PWC completing the work as planned."



CLOSING IT UP—PWC Pipefitter Mike Debol works on steam leak repair in a manhole behind the main hospital building.

What's the problem?

How good are you at diagnosing a patient's illness?

Physicians, nurses, corpsmen, patients and anyone else who might like to take an educated guess now have that opportunity in the X-ray Department at Oak Knoll.

Medical Corps Lieutenant Commander Jack Avalos has begun a "Diagnose the Patient" contest in the Inpatient X-ray Viewing Room. An X-ray is posted on the bulletin board, along with case histories or other clues on the health problem. A different case will be posted every two weeks, and the patients will remain unidentified.

There are no prizes offered, but the person or persons who diagnose the problem correctly will be recognized in *Oak Leaf*.

The contest is expected to have educational advantage, as well as providing a bit of fun and mental stimulation.

SF Dental Center changes command

Captain Milton Robert Wirthlin, Jr. formerly Commanding Officer of the Naval Dental Research Institute at Great Lakes, Ill., recently took over command of Naval Regional Dental

Center San Francisco.

Captain Wirthlin relieved Captain Jack E. Hyde who is now at Naval Regional Dental Center San Diego.

WITH THE FAMILY

the Military Family

Question: Will my child's viewing violence on TV likely influence his becoming more violent?

Reply: Few inventions have had as rapid and profound an impact on society as has television. Although other segments of mass media, such as movies, radio and comic books, also impact on children, TV is the focus of most concern and research. Consider these startling statistics:

- 96 percent of homes in the United States have TV sets;
- Preschool age children spend one third of their waking hours watching, and school age children spend almost one quarter;
- In a year an average child spends more waking hours watching TV than in school;
- Sleep is the child's only activity which occupies more time than TV watching, and

-By the end of high school a child has observed around 18,000 murders and countless other highly detailed incidents of assorted violence.

Before TV, parents spent more hours with their children. Their involvement was more active than passive and more tailored to each child's age.

As for outside influences, parents were better able to monitor them and keep them in perspective with the child's needs and ability to comprehend and with the family's value system. We know that television has had a major impact in complicating and diluting these parental roles. Although television has clearly opened many doors for us, the crucial question is, "What is behind those doors?"

Television violence and its ability to produce aggressive and violent behavior in children has been the focus of much concern and research. Violence is a staple of television programming. Analysis of these programs for violence per unit of viewing time produces a very, very high correlation between the presence of violence and maximum viewing time.

Interestingly, cartoons, in their absurd, slap-happy or fantastic way, are the most violent of all. The number of characters destroyed in an average cartoon is very high. Yet these shows are directed to our very youngest population.

What is the effect of violence on our children? Can children learn violent actions from repeated observation of an unreal activity? The answer is clearly, "yes."

Such repeated TV exposures do allow young children, previously unable to perform a violent activity, to do so. Many and repeated psychological research studies bear this out.

However, to be able to perform a violent act is not the same as spontaneously doing so. Therefore, will such behavior occur naturally in real life situations?

Here the answer is less clear and dependent on other factors. If the child repeatedly sees the violent act responded to by reward and success, as is so often the case, he or she is more prone to actively copy this behavior. If the violent behavior is punished, this acts to interfere with a child's incorporating such behavior.

Some researchers disagree, saying that in young children repeated exposures to violence, regardless of reward or punishment, lead to "desensitization," that is, a lessened level of anxiety and self-control and a greater likelihood for such behavior. Young viewers normally develop control over primitive impulses gradually, thereby becoming socialized. It follows, therefore, that TV violence can hinder positive socialization.

Obviously, television violence does not create violent criminals. The child is not a totally passive, ineffectual piece of clay to be molded. Each child has a particular level of aggressiveness and ability to differentiate reality from fantasy.

Other influences include the presence or absence of violence in the family, communication within the family about TV viewing experiences, and the moral, ethical and religious teachings within the family. The child's response to the television violence will be the response of the total personality and life influences.

As with living in general, many factors and forces come to bear to influence our children's development. If we are to be effective parents, we must deal with individual forces, one at a time, and hope that, by acting in our children's best interest on each level, we tip the scales in favor of successful development. In considering the effect of television violence on our children, the weight of evidence strongly suggests a worrisome and psychologically dangerous impact. Parents are strongly advised to be concerned and careful.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th St., Arlington, Va. 22209.

★★★★★★★★★★ Singers needed

The San Leandro Community Choir, sponsored by the City Recreation Department, is in need of singers. Anyone is welcome, but males are especially needed. The choir will be performing at city and seasonal events. The choir meets at 7 p.m. Monday evenings at the library in the Estudillo Room.

For more information call HM3 Rob Izzett at Ext. 2187, or at home, 351-3610.

★★★★★★★★★★

Classifieds

(Editor's note: Published as a service to NRMCO personnel and their dependents only. Ads must be submitted in duplicate, typed in caps and lower case letters, limited to 20 words or less. No new ads taken by phone; renewals may be made by calling Ext. 2113. Deadline for submission: Wednesday, the week before publication.)

WANTED: Full time babysitter/day care, 7:30 a.m. to 4 p.m., Monday thru Friday, in your home or ours, preferably someone living at NRMCO Oakland. Begin in September. Please call Rollenhagens 568-2216 or X2105.

Services direct high priority to military family programs

All of the military services, including the Coast Guard, are developing highly-effective, interdisciplinary programs to strengthen and support military families throughout the United States and around the world.

The increased interest in the military family understandably is tied to the growing number of studies which demonstrates impact on the career decisions of military people.

The most recent separation surveys conducted by the Navy and published in February, for example, substantiate earlier surveys which concluded that family separation or other family-related issues were among top consideration that caused Navy people to voluntarily leave the service.

Family separation was the second most frequent reason for leaving the service given by enlisted personnel. It ranked second only to pay considerations. Interestingly enough, sea duty was at the bottom of the list. And 80 percent of the responses came from people whose last duty assignments were at sea.

For officers, too, insufficient pay was given as the prime motivator in decisions to leave the service—in the same position as the enlisted survey. Other aspects were related to family life, including erosion of benefits, impingement on personal life, and extended deployments.

As with other studies and surveys, the Navy's most recent surveys underscore the importance of family programs.

With the increasing influence that the spouse and family are having on the retention decision, the momentum of the family program is good news to the commanders and other military leaders who are interested not only in recruiting highly qualified people, but also in retaining the highly (and expensively) trained people who make up the cutting edge of our nation's defense.

There are five million people who make up the military community including 1,108,500 spouses and 1,769,000 children and other dependents of uniformed personnel. About 444,000 dependents are living overseas or in foreign countries and almost all of the others are living at great distances from their extended families and the community networks which have supported them in the past.

The services' family programs will do much toward orchestrating the many resources available both within and outside of the military establishment, and provide the military commander a powerful tool in enrichment of family life and in the handling of family crises if they arise. Each service has recognized its own unique challenges and opportunities regarding the military family. (Military Family the Military Family Resource Center, as published in BUMED Activities Report).



The following recent additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to Lieutenant Donna Jean Fisher, Nursery 8E, and her husband Donald, June 27.

A baby boy to Hospitalman Patrick W. Malone, NRMCO Orlando, Fla., and his wife Beverlee, July 10.

A baby boy to Lieutenant Clyde A. Kay, Data Processing, and his wife Paula, July 28.

A baby boy to Lieutenant Carl K. Wiggers, Jr., Dental Staff, and his wife Sandra, July 31.

Nutrition Clinic offers diet help

Oak Knoll's Clinical Nutrition Branch offers information, concerning diets and appropriate nutrition literature for patients that are sent to see the dietitian by a physician for a diet consult. An appointment for the clinic may be made by calling the Central Appointment Desk at 639-2501.

The Nutrition Clinic, conducted by Lieutenant Commander Douglas Love, is held from 9 a.m. to noon on Tuesdays, Thursdays and Fridays in Room 900 NE on the ninth floor of the main hospital building.

Weight reduction classes are held from 9 to 11 a.m. on Wednesdays in the ENT Conference Room (Room 456, fourth floor). Requirements for the weight reduction program include a diet consult from a physician and a scheduled appointment through Central Appointments (Ext. 2501).

In the first hour of instruction patients are weighed and told their ideal body weights according to sex, height and bone structure. A lecture follows covering good nutrition and the four food groups; how to lose weight and how much weight one should lose in a week; definitions of overweight and obesity; diet behavior modifications, and a question and answer period.

During the second hour Lieutenant Commander Love obtains information

from each patient about their food habits and activities, determines the number of calories for each patient (if the physician has not designated a calorie level), and explains and distributes a preprinted calorie meal pattern and a food exchange list.

Appointments are then made for patients to return the second and fourth Monday of each month from 9:30 to 10:30 a.m. in the same room for a weight follow-up.

Further information may be obtained from Lieutenant Commander Love at Ext. 2492.

Couple wed in base chapel

More than 75 persons attended a wedding last Sunday in St. Luke's Chapel on base where Hospitalman Silas Eugene ("Gene") Berry claimed Hospital Corpsman Third Class Leona Vanee Overton as his bride.

The new Mrs. Berry has been a psychiatric technician on 5 North for the past two years. Her husband is assigned to duty with the barracks staff.

Rev. Willie Daniels officiated at the wedding and a reception followed at the YWCA in Oakland.

AT EASE

Bathtub regatta tomorrow

Bathtubs in San Leandro Bay? That's right! Some 200 "tubbers" participating in the 8th Annual Bathtub Regatta, sponsored by San Francisco radio station KNBR, will launch their trusty vessels from the boat ramp at Doolittle Drive Recreation Area in Oakland tomorrow, Aug. 15.

Best described as "a happening not to be missed," the Bathtub Regatta is put on by KNBR to raise money for the Children's Hospital Medical Center, Oakland. Last year, food and beverage sales netted nearly \$9,000 for the hospital.

The relatively isolated lagoon off Doolittle Drive was selected as the site for this year's competition because of the safety it provides the tubbers. Previous races were held in the Oakland Estuary but patrolling the area to keep spectators out of the competition waters had become too difficult, according to the KNBR staff.

Tubber enthusiasm has been steadily growing since the first regatta eight years ago. The national prominence attached to the event is expected to draw nearly 20,000 spectators this year.

The regatta begins at 11 a.m. with the traditional lighting of the Olympic torch and a rousing chorus or two of the KNBR bathtubting anthem, "Splish, Splash, I'm Taking A Bath."

Steering their crafts by whatever ingenious non-mechanical device imaginable, the competing tubbers will promenade their vessels at the opening "Parade of Tubs," giving spectators a chance to marvel at the floatability of these highly decorative porcelain, fiberglass and clawballed tubs.

Throughout the afternoon, tubbers will compete in qualifying heats in two divisions: the funny tub competition and the regulation tub division. Winners among the 20 or so entrants in each race will be eligible to compete in the 4 p.m. grand finale, the "Grand Tub-Off" in both divisions.

To break the tension usually associated with such strenuous competition, the regatta provides a moment of light

entertainment in the afternoon as the staff of KNBR competes with the staffs of other area new media in the "Media Tub-Off."

Amid the cheers and excitement of the day, spectators will be entertained to the bathtub rhythms of the Ophir Prison Marching Kazoo Band and Temperance Society, Limited, led by Rufus T. Whizbang, the band's indefatigable leader who prefers a plumber's helper to the traditional baton.

Admission to this afternoon of fun and antics is FREE. Everyone (except stopper thieves) is invited.

Doolittle Drive Recreation Area is located on Doolittle Drive north of Hegenberger Dr. Parking is available across the street at the old Oakland Airport on North Airport via Langley Street. (East Bay LOG)

Jumping Middie

Midshipman Second Class Leo Williams of Muncie, Ind., is spending most of his summer jumping through Europe—as a champion high jumper.

He is currently the National Collegiate Athletic Association Indoor/Outdoor High Jump Champion.

He made his first international jump on July 11 in the US/USSR dual meet held in Leningrad. He jumped seven feet, four-and-one-half inches on July 22 to win the World University Games in Bucharest, Romania. On July 25, he also competed in the National Sports Festival sponsored by the Olympics Committee.

Midshipman Williams is scheduled to continue competing in Europe for the remainder of the summer.

Rifle meet slated soon

Central Pacific Regional Rifle Championships are scheduled Aug. 22-23 at the Marine Rifle Range, Naval Support Activity, Mare Island (Vallejo).

One team will be entered from each command. Commands unable to enter a team of four firing members and two alternates may enter individuals in the match. Naval Reservists on inactive duty, Fleet Reserves and retired Navy personnel are allowed to fire in individual matches only.

Awards will be provided by the Regional Support Recreation Office.

See Ron Brown, Special Services, Bldg. 38 (telephone Ext. 2350) if you desire to enter.

'Happy Half-Hour' on Wednesdays

Pastoral Care Service recently began a new Protestant service held each Wednesday from 12:30 to 1 p.m. in the Chapel of Hope on the third deck of the main hospital building.

Called the "Happy Half-Hour," the 30 minutes will feature a Scripture devotional, fellowship, and group singing to the accompaniment of Chaplain (Lieutenant) Jay Hoppus on guitar.

All patients and staff members are invited to join in on the service.



THE MAJORITY PARTY—Elephants at the San Diego Zoo enjoy a refreshing dip in the pool as a busload of visitors in the background observes the animals at play. Contact the Special Services Office of information on military discounts to this attraction.

Buying used car? How to avoid getting stuck with lemon

The problem: get wheels under you with the least amount of money.

The solution: a used car.

You're probably shaking your head right now and saying, "Sure, and get stuck with a lemon!"

Possibly.

But there are ways that the experts buy used cars so they don't get stuck with a lemon. All it takes is a little practice, some bending, and some ear plugs.

Use ear plugs

The ear plugs are used to cut off the patter that the used car salesperson will be giving you as you wander around the lot. He's there for one purpose—to make a few bucks for himself and his boss.

So, the first thing is to tune out the sales pitch.

Then, follow some of the hints the experts give below and make up your own mind.

Before even going into a used car lot you should have the general price range and type of car in mind.

You may find the price of a 1974 Caddy absolutely unbelievable, but the gas tank could hold up to 25 gallons and the repairs could keep you broke until you can unload it.

So, if all you need are wheels, a couple of seats for friends, and good gas mileage, keep those facts in mind when you start.

Car Enemy I

With all the salt used in this country and elsewhere to melt ice and snow, rust from the inside and underneath of most cars is Public Enemy I. Certain models have the problem built in... others have been driven in areas where salt is used to extreme.

So a little bending is in order. Get down and look at the panels behind the front wheels. Feel along the open door bottoms. Poke and prod around the rear wheels. If necessary, give any suspected area a couple of good, hard raps with your knuckles.

If the area feels weak, there's rust behind it. If it sounds off with a dull, solid "thunk," could be the seller has used a lot of body putty to hide the rusted areas.

It's your money you're spending, so take the time to check all around the car.

Wavy lines

Next, stand back and get a good sight down each side of the car. Wavy lines in a body panel—or a door or fender that is slight off-color—usually means that the vehicle has met up with an immovable object at sometime in its life.

Check the tires. Irregular wear patterns could mean the vehicle is out of alignment or the wheels out of balance.

Take hold of the bumper and try bouncing each of the four corners. Good shocks should stop any movement in one bounce. Worn shocks will let the car bounce freely and will mean money out the window if you buy it.

Those Ugly Stains

Next, get down on your knees again and look all around the area underneath for any type of water, grease or oil stain.

Check particularly the areas under the gas tank, radiator, transmission and engine block.

Now, take the car for a test drive.

After checking carefully to see no one is behind you, hit the brakes hard a couple of times to check pedal pressure and stopping distance.

Get on a level road, let loose of the steering wheel—but keep your hands ready to grab—and see if the car wanders around the road when underway.

If you're still interested, get the salesperson to let you take the car to the nearest hobby shop garage and have some of the guys and gals working on their own cars there go over it with you.

(Continued to Page 12)

Free sports licenses out for disabled vets

Disabled veterans residing in California will no longer be issued free hunting and fishing licenses, according to the Department of Fish and Game.

The state department notified the Department of Veterans Affairs that the California state budget for 1981-82, as passed by the State Legislature and signed by the Governor, did not contain funds for the issuance of the free licenses.

Since the Fish and Game Code provides that the costs of free licenses shall be provided annually in the budget by appropriations from the General Fund, Fish and Game terminated the issuance of all free hunting and sportfishing licenses as of July 1.

A \$546,000 item to finance the free program in 1981-82 was included in the Governor's budget, but was eliminated by the Legislature in the final days of budget deliberations last month. The program last year cost \$485,726, according to the Fish and Game Department.

More than 50,000 Californians received free fishing licenses under the program during 1980. Those eligible included disabled. Only disabled veterans were eligible for free hunting licenses.

OFF DUTY

'Presidio 10' to benefit kids

The "Presidio 10," a run sponsored by the Bank of San Francisco and organized by The Guardsmen to benefit Bay Area underprivileged children, will be held Aug. 30, beginning at 9 a.m. from the Centennial Tree in the San Francisco Presidio's main parking lot.

The 10-mile scenic and certified course winds through the Presidio, crosses the Golden Gate Bridge and returns to finish at the Parade Grounds. Much of the route is flat, winding past barracks and silent cannons, which remind us of the Presidio's rich military history. There is a gradual uphill before the course crosses the Golden Gate Bridge. Returning to the Presidio on the other side of the bridge, runners may enjoy a spectacular view of San Francisco. Following a short, steep, hill, they

will be treated to a long, gradual downhill to the finish.

The entry fee is \$5 before Aug. 25; \$7.50 late fee. Each entrant will receive a T-shirt, NIKE race hat, Calistoga Water, Johnston's Yogurt, oranges, and complete race results. A trophy will go to the top male and female finisher. Division winners receive plaques and finishers ranked 2nd through 5th receive medals. There will be an award ceremony at the parade grounds following the race.

Entry forms are available at The Guardsmen Office, 12 Geary Street, San Francisco; Fleet Feet stores at the SF Marina and Walnut Creek; Runners Feet stores in Oakland, Hayward or Burlingame, and at the Presidio on the day of the race only. For further information, phone 989-6402.

'Carnival' theme of picnic Aug. 29

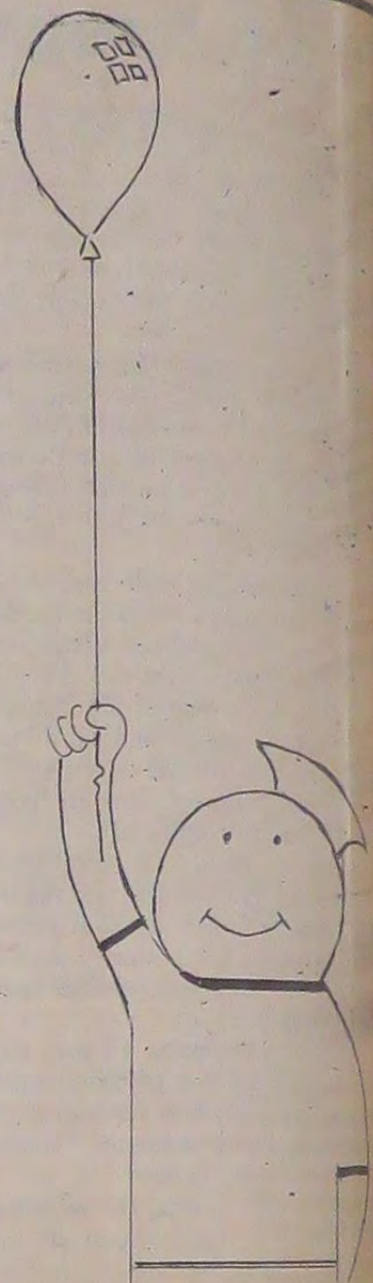
"Carnival" has been selected as the theme of the annual command picnic which will be held here at the recreational grounds on Saturday, Aug. 29, between the hours of noon and 6 p.m.

Although planning is incomplete at this writing, the event appears to be shaping up to be an extra special fun-time for all military and civilian personnel of Naval Regional Medical Center Oakland and their families.

According to Chief Hospital Corpsman Herman Glatzer, committee chairman, there'll be games, booths, pony rides, clowns, balloons, DJ music, an intramural softball tourney, basketball, hot dogs, baked beans, cole slaw and all the other ingredients that make top picnic fare.

The picnic is free to all active duty staff members and their families. Civilian employees will be charged \$2.50 each for adult, and \$1 apiece for children.

Military personnel may claim their tickets at the OOD Desk in Bldg. 500; civilians may purchase theirs at the Special Services Office in Bldg. 38.



MOVIES

Friday, Aug. 14, 6:30 p.m.—HIDE IN PLAIN SIGHT—James Caan, Deborah Benson—Drama/PG

Saturday, Aug. 15, 1 p.m.—HERBIE GOES TO MONTE CARLO—Dean Jones, Don Knotts—Drama/G

Saturday, Aug. 15, 2:45 p.m.—FFOLKES—Roger Moore, James Mason—Action/PG

Sunday, Aug. 16, 6:30 p.m.—MOUNTAIN FAMILY ROBINSON—Robert Logan, Susan Demante Shaw—Adventure/G

Monday, Aug. 17, 6:30 p.m.—THE KING AND I—Deborah Kerr, Yul Brynner—Musical/G

Tuesday, Aug. 18, 6:30 p.m.—THE DEVIL AND MAX DEVLIN—Elliott Gould, Bill Cosby—Comedy/R

Wednesday, Aug. 19, 6:30 p.m.—RESURRECTION—Ellen Burstyn, Sam Shepard—Drama/PG

Thursday, Aug. 20, 6:30 p.m.—FEAR NO EVIL—Stefan Arngren, Elizabeth Hoffman—Horror Drama/R

Friday, Aug. 21, 6:30 p.m.—CHAPTER TWO—James Caan, Marsha Mason—Comedy/PG

Saturday, Aug. 22, 1 p.m.—MUTINY ON THE BOUNTY—Charles Laughton, Clark Gable—Sea Adventure/Drama/G

Saturday, Aug. 22, 3:15 p.m.—BEDKNOBS AND BROOMSTICKS—Angela Lansbury, Roddy McDowall—Fantasy/G

Sunday, Aug. 23, 6:30 p.m.—HEART BEAT—Nick Nolte, Sissy Spacek—Drama/R

Monday, Aug. 24, 6:30 p.m.—SINK THE BISMARCK—Kenneth More, Dana Wynter—War Drama/G

Tuesday, Aug. 25, 6:30 p.m.—BREAKER MORANT—Ed Woodward, Jack Thompson—Drama/R

Wednesday, Aug. 26, 6:30 p.m.—CHEECH AND CHONG'S NEXT MOVIE—Cheech Maren, Thomas Chong—Comedy/R

Thursday, Aug. 27, 6:30 p.m.—BEYOND THE REEF—Dayton Kane, Maren Jensen—Romantic Adventure/R

Coach needed

Wanted: a coach for the 1981 Naval Regional Medical Center Varsity Flag Football Team.

Personnel interested in coaching only, and not playing, are preferred.

Contact Ron Brown, Ext. 2350 for details.

Top chess tourney slated Sept. 15-23

The 1981 Chess Tournament for the Armed Forces of the U.S. is scheduled for Sept. 15-23 in the Hall of Flags, American Legion Building, Washington, D.C.

The 1981 teams will be composed of players who distinguished themselves in their own service competitions conducted during the week preceding the meeting. Anyone on active duty is eligible to try for a place on his/her service team.

More information may be obtained from COMNAVJILPERSCOM (NMPC 651) at commercial (202) 694-4388/9 or autovon 224-4388/9.

CPOs trounce first-classers

Members of the command Chief Petty Officers' Association beat out First Class Petty Officers 11-6 in a recent softball challenge on base.

About 60 persons attended the picnic-type affair which featured food and refreshments as well as an exciting game.

Lemons

(From Page 11)

One last bit of advice—make certain that the seller guarantees in writing that the car will pass the state inspection, if the state has such a requirement.

The folks at the legal assistance office can help you with the wording on a statement that should cover that subject.

If it all checks out, put up the cash and drive away with the wheels. (AFPS)

Rodeo visitors treated well

Twenty-seven patients and staff members of Naval Regional Medical Center Oakland attended the California Rodeo in Salinas, courtesy of the Associated Veteran's Council.

This annual trip is sponsored by the council, which represents 12 American Legion Posts, 13 of their auxiliary units, the Forty and Eight, the 28th District of American Legion, 8 VFW posts, 9 auxiliary units to the VFW, the Monterey County Council VFW, and the 12th district VFW; two Military Order of the Cootie Auxiliary Units, the Legion of Valor, two chapters of the Disabled American Veterans, one auxiliary unit to DAV, the National Order of the Trenchrats and their auxiliary unit, three local church groups, many local businessmen and citizens, Amvets Post 28, the Salinas Elks Lodge No. 614 and the California Rodeo Association.

The program is what the group calls

"Rehabilitation in Action." It is aimed toward comfort and rehabilitation of the veteran and his family.

Members of the Salinas Elks Lodge served lunch to a group of approximately 625 from Oak Knoll, Letterman, Hayes and VA hospitals and the California Veteran's Home of Yountville. Lodge members and their families acted as bus boys and waiters. Door prizes were also awarded.

The evening meal was held at Salinas American Legion Post 31 where they were served by members of the Associated Veterans Council, their families and friends. At the close of dinner, a whopping load of 666 homemade cakes, (in addition to those served during dinner), were packed aboard the busses to be enjoyed by those in hospitals and the veterans home unable to make the day-long trip.



RODEO-BOUND—Several NRMCO patients and staff members attended the California Rodeo at Salinas July 17. The group was taken to lunch at the Salinas Elks Lodge, then on to the rodeo and served dinner at American Legion Post 31 before they boarded the bus for return to the medical center.

Pick up tickets today for tomorrow's picnic

Today is the last day to pick up tickets for tomorrow's command picnic—the family fun day of the year—to be held from noon 'till 6 p.m. at the Oak Knoll recreational grounds.

Active duty staff members and their dependents gain free admittance but must have ticket(s) in hand. Pick them up from the OOD's Desk on the second floor of the main hospital building.

Civilian employees and their families are also urged to attend. Because of regulations, a fee of \$2.50 per adult and \$1 each child must be charged for civilians. (The investment, however, will get you more than your money's worth in food and drink, and most likely several hundred dollars worth of fun!) Civilian tickets may be purchased at the Special Services Office, Bldg. 38, upstairs over the main Navy Exchange.

It's still not too late to volunteer your help in manning carnival booths, or, if you don't mind getting wet, agreeing to be the subject for a dunking game. If you want to help out for an hour or so, see Debbie Padilla, Operating Management, Ext. 2597.

Theme of the annual picnic this year is "Carnival." There'll be all types of fun games and booths, clowns, balloons, DJ music, a "Moon Walk," an intramural softball tourney, basketball, volleyball, and other activities, not to mention a menu of freshly grilled hot dogs, hamburgers, baked beans, cole slaw, etc.

the Oak Leaf



NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, August 28, 1981

MSC detailer to visit here

The Medical Service Corps Detailer, Commander Dean Schubert from Naval Military Personnel Command, will visit NRMOC Oakland for a general MSC staff meeting in the Clinical Assembly Sept. 17, beginning at 9 a.m.

CDR. Schubert will also hold individual 15-minute interviews with MSC officers on Sept. 17-18. To set up an appointment, contact LaVerne Whittington in the Administrative Office, or call Ext. 2357.

Project officer appointed for CFC fall campaign

Medical Service Corps Lieutenant Larry Kilgore of Patient Affairs will serve as this year's project officer for the Combined Federal Campaign which will once again be taking place throughout the federal government, starting after Labor Day.

In a memorandum to department and agency heads listing the groups that will benefit from the on-the-job charitable solicitation, Donald J. Devine, Director of the Office of Personnel Management (OPM) said:

"The worthwhile efforts of these voluntary organizations deserve the generous support of federal employees. While individually we cannot help all those in need, working together through voluntary charitable organizations we can channel our concern into meaningful results.

"This year especially, our efforts to reduce the debilitating impact of inflation on all Americans place increasing emphasis on the work of voluntary charitable organizations to meet the needs of the less fortunate in our society."

Participating organizations are grouped under seven general categories:

1. Local United Funds, Community Chests and other federated groups which are members in good standing of, or are recognized by, the United Way of America.
2. The American National Red Cross.
3. National Health Agencies.
4. International Services Agencies with both domestic and overseas operation.
5. International Service Agencies in overseas areas only.
6. United Service Organizations (USO) overseas.
7. National Service Agencies in the domestic area.

Campaign literature furnished each staff member will list specific organizations, and donors can designate which charity should get their money. Undesignated money is distributed by formula.

In 1979, federal employees contributed more than \$82 million to charity through the combined campaign. Figures for last year are not yet available.

In a separate memorandum to fund-raising coordinators urging support for the program, Devine discussed some of the problems and controversies connected with the effort, primarily involving eligibility of participants.

In a recent court case, the court said: "It behooves the government officials responsible for the (CFC) program to



LT Larry Kilgore

reexamine the basic premise on which the program was established so that more acceptable standards can be developed which will assure continuation of the government's significant and useful support for worthy charitable solicitation."

Devine told the coordinators that while it was too late to tighten regulations for this year's campaign, "For the 1982-83 campaign, the public may be assured that adequate standards will be promulgated, in appropriate regulatory format, and that the resulting eligibility criteria will be precise enough to respect both First Amendment rights and the 'legitimate government interest'."

RADM Gillcrist relieves RADM Langille

Change of command ceremonies will be held in San Diego tomorrow where Rear Admiral Paul T. Gillcrist will relieve Rear Admiral Justin E. Langille as Commander, Naval Bases San Diego and San Francisco.

Rear Admiral Langille is retiring after 36 years' service.

Rear Admiral Gillcrist comes to his new assignment from a position as Commander, Fighter/Airborne Early Warning Wing, U. S. Pacific Fleet. He is a former Navy test pilot.

Formal ribbon-cutting officially opens FLEHOSPSUPPOFF

Formal ribbon-cutting ceremonies were held in Alameda on Aug. 18 for the newly relocated Fleet Hospital Support Office (FLEHOSPSUPPOFF) at the annex of the Naval Supply Center Oakland, 620 Central Ave., Bldg. 5, Alameda.

The program consisted of selections from the Navy Band, San Francisco; a welcome and introduction from Commander S.J. Tenopir, Medical Service Corps, FLEHOSPSUPPOFF Executive Officer; invocation by Chaplain M. P. O'Neil, remarks from Captain Everett L. Jones, Supply Corps, Officer in Charge of the new facility; an address by Rear Admiral Almon C. Wilson, Medical Corps, Program Manager; an awards ceremony, and the ribbon-cutting. Cutting the traditional ribbon with Rear Admiral Wilson and Captain Jones was The Honorable C. Corica, Mayor of the City of Alameda.

FLEHOSPSUPPOFF was established in Port Hueneme in 1979 as an Echelon Two command under the Chief of Naval Operations. Effective July 1, 1981 it was relocated to Alameda as an Echelon Three command assigned to the Chief of Naval Material. The

move allows the activity to better carry out its assigned mission and provides more warehouse space.

As part of the Navy's contingency medical support plan, FLEHOSPSUPPOFF is involved in the construction, design, assembly and field testing of mobile fleet hospitals accommodating 250, 500, 750, or 1,000 beds. They can be set up in the rear of a combat zone or deployed in the communications zone as an acute treatment center for patients awaiting return to duty or medical evacuation to the Continental United States.

The Fleet Hospital consists of three elements: the medical/surgical core, and medical support and base support elements. The core contains casualty receiving, X-ray, darkroom, central supply room, blood bank, laboratory, pharmacy and operating rooms. The medical support element consists of patient wards and ancillary services such as physical therapy; the base support element provides the troop and staff berthing, feeding, etc.

Field testing has been underway in both the heat and low humidity of a desert and in a winter environment.



FLEET MEDICAL CARE—On the day before the formal opening of the Fleet Hospital Support Office in Alameda, two of the project's principals called at Naval Regional Medical Center Oakland to confer with Rear Admiral Walter M. Lonergan (center), Commanding Officer. In this photo he is flanked by Medical Corps Rear Admiral Almon C. Wilson (left), Program Manager, Fleet Hospital Project, and Supply Corps Captain Everett L. Jones, Officer in Charge of the Alameda support office.

EDITORIAL

Chaplain's Corner:

'He takes away the fear'

By Father M.J. Hary
Commander, Chaplain Corps

There were 45 of us in the bus. The next stop on the tour was the Drug Rehabilitation Center. It was a humid, uncomfortably hot day. The bus was air-conditioned, but the drug center wasn't. In fact, as we were seated in what was once the front room of an older neighborhood bungalow, crowded together on an assortment of broken-down chairs, we weren't very comfortable.

After awhile, a young Mexican-American man of about 25 appeared and introduced himself as Victor. He told his story with enthusiasm and dignity. "I am the director of this center. For seven years, I was a drug addict. I shot up anything I could get. I robbed and stole daily just to support my habit. I was kicked out of the Army, jailed three times. I was beyond help or hope. This all changed when I found the Lord. He led me back. I am now happily married, with a baby son. My wife works with me here at the center.

"We have 30 guests here. They stay only if they want, although they are referred by state and county agencies. Most have prison records; all are addicts. Sixty percent of them will leave cured. They will have proved for one year that they have had no alcohol, drugs or tobacco. Only then do we consider them cured. How do we do it? The Lord does it.

"Before going through the center, I want you to meet Wanda, our assistant director," he continued. Wanda was a young woman in her late 20's, very attractive and poised. Her story was equally frank... a \$100-a-day heroin habit supported by prostitution. Her daughter, whose father she couldn't remember, was born with a heroin addiction. Then she, too, was cured, and it was the Lord who did it. She spoke peacefully of her life now... helping others at the center... her college courses... her fiancé... her two years without drugs. She spoke of her daily dependence on the Lord. "It would be impossible without him," she said. "He takes the fear out of my life."

We were then allowed to roam freely through the center. A group was praying together, much like Pentecostals, spontaneously and fervently. A guitar led the singing of a plaintive spiritual. Hands were raised in prayer; some were weeping; several pleaded aloud for the Lord's help.

Throughout, everything was neat and clean. The kitchen crew was putting a simple meal on the table. Others were outside cleaning up the grounds. All were friendly.

As we left, silence hung over our group. We had witnessed something that needed comment, but no easy comment came. Everybody else had failed to turn these lives around. But changes were happening. And they said it was the Lord. Well, what's wrong with that, I thought.

Old Time 'Remedies' Needed Again?



A flash from the past! Speed traps of yesteryear (the early 1900s) could be a mite serious. In some jurisdictions police were authorized to shoot at tires and to stretch ropes or chains across the road to stop potential speeders.

The last of the summer flings

Of all accidental deaths in the Navy each year, motor vehicle accidents account for nearly 60 percent.

In 1979, 278 active duty Navy personnel were killed and 1,772 were victims of lost time injuries as a result of motor vehicle mishaps. In 1980, 277 active duty personnel were killed and 1,735 injuries resulted in approximately 35,750 lost work days. To date in 1981 the toll has reached 163, which is three fatalities ahead of last year's number for the same length of time.

These losses not only reflect tragedy in human terms, but also represent a significant investment in training and experience which cannot be immediately restored through the personnel acquisition process.

The first step toward reducing this waste of humanity is awareness of the magnitude of the problem and its impact. The following facts identify the critical elements upon which countermeasures can be focused:

• Although four-wheel vehicles are involved in the majority of mishaps, motorcycle riders experience the highest fatality and injury rates per mishap.

• Those in pay grades E-2 through E-5 are involved in the most accidents.

• Fatal mishaps generally occur in a liberty situation within a 50-mile radius of the ship or duty station, particularly on a weekend.

• Injuries/fatalities frequently stem from a single vehicle mishap.

• Less than 15 percent of vehicle occupants use restraint devices (seat belts and/or shoulder harnesses).

• Approximately half of all fatal mishaps are alcohol-related. Inattention to the driving task caused by alcohol, other drugs, or simple fatigue is a primary cause of too many motor vehicle mishaps.

In another week we shall enjoy the last three-day weekend of the summer season. Monday, Sept. 7, is Labor Day, a traditional time to take one last fling to the mountains or seashore before the school starts. Highways have always been crowded over this weekend and there is no reason to expect that they won't be this year. With more people on the road, additional hazards exist.

now hear this!

By HMCM Charles R. Dackerman
Command Master Chief

With the advent of Pride II (The CNO's goals of Pride and Professionalism), we have been tasked with more responsible leadership.

As military health care professionals, we must also be proficient as good managers. According to William Onchen, a noted management consultant, good managers are "deviants from society," i.e., good managers are not born, but made, and the making of a good manager requires a person to be motivated into doing things which are not necessarily easy or "natural." A good manager must be motivated.

The following plan may offer ideas toward self motivation:

- **CONCENTRATE** on the task at hand, avoiding unnecessary interruptions if possible.
- **PLAN.** Good organization and a smooth workflow doesn't just happen.
- **AVOID CLUTTER.** It interrupts concentration, makes starting jobs difficult and can create tension and frustration.
- **AVOID PERFECTION.** Strive for excellence; it is much more readily attainable and realistic.
- **IT'S OK TO SAY "NO."** Avoid spreading yourself too thin.
- **DON'T PROCRASTINATE.** It leads to failure, stress and frustration.
- **CUT OUT TIME—WASTING ACTIVITIES.** They have a tendency to grow and multiply.
- **DELEGATE.** "If you want it done right, do it yourself" is the manager's kiss of death." Delegation, coupled with proper monitoring and follow-up, allows more to be accomplished.
- **TIME OFF.** Hard workers also need to relax and play. Diversion is a great rejuvenator.

Career Capsules

By HM1 Barbara Heep

The Guaranteed Assignment Retention Detailing Program (Guard III) is designed to provide enlisted members with guaranteed assignment to duty as a reenlistment incentive.

The program provides for two guaranteed assignments during a career. The first guaranteed assignment is to be used on the first reenlistment while the second can be used at an individual's discretion anytime up to the commencement of the 25th year of service.

Eligibility requirements:

- May not be under orders for Permanent Change of Station (PCS) transfer at time of application.
- Be within six months of EAOS as extended. Personnel may reenlist prior to any signed extension agreement of 24 months or less becoming operative; however, in so doing the member must agree to reenlist for a period equal to the unexecuted extension plus four years, up to a maximum total of six years. Unexecuted extensions of six months or less may be disregarded.
- Be eligible for duty requested in accordance with sea/shore or OUTUS/CONUS rotation.
- Be willing to reenlist for four or more years.
- Have a consistent record of above-average performance, or demonstrated trend towards improved performance. Evaluation marks must be top 30 percent or above on the last three regular E7/E8/E9 evaluation reports; EEU or above on E5/E6 evaluations for personnel with less than 10 years service (SUL or above for E5/E6 personnel with more than 10 years) over the last two regular evaluation reports, and 3.2 and above for E4 and below on least two regular evaluation reports. In special cases waivers may be granted.
- Be recommended for reenlistment by the commanding officer. Guard III reenlistment incentive assignments are intended to be made for transfer at Projected Rotation Date (PRD) equal to EAOS prior to an extension becoming operative. As an exception to the above, first term personnel may elect reenlistment under Guard III between four and six months before completing a prescribed tour. The type of guarantee will depend upon billet availability in the general area requested.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W. M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

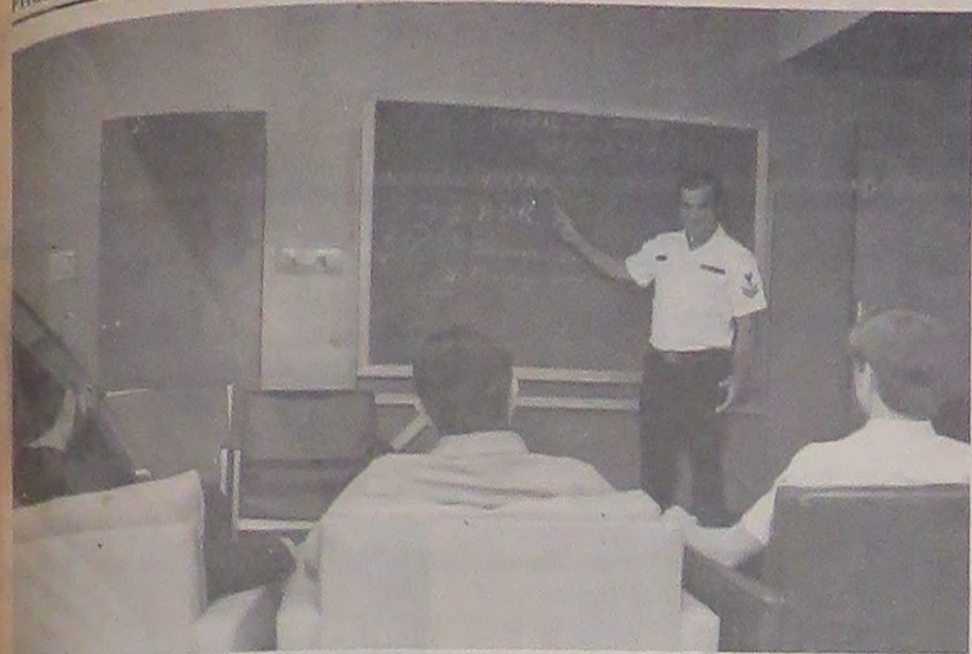
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



GROUP SESSION—HM2 Charles Frye holds classroom discussion on physical disability separations. The patients are informed on benefits which are available to them.

Transition program aids patients in coping with lifestyle change

Facing separation from the military service due to a medical condition can be an extremely difficult and painful experience. Psychiatry Service, under Captain Mario R. Schwab, recognizes that these problems exist and has developed a program especially designed to help persons being medically discharged from the service.

The Transition Program, located on 5 East, exists to assure the optimal quality and continuity of care delivered to its clients as they move from an inpatient setting to an outpatient status. Clients are seen as participants in a therapeutic process. Owing to their recent hospitalization, the clients are involved with lifestyle transitions of a magnitude necessitating skilled and professional services from the psychiatrist, occupational therapist, nurses, psychiatric workers, psychiatric technicians and representatives from federal, state and business agencies. Services available to persons assigned to the program include group, occupational, recreational and work therapy. Classroom instruction is offered on a variety of subjects. Topics may be on benefits through the Veterans Administration, how to prepare a job resume, or manage finances. Patients are kept abreast of the status of medical boards, and a film is shown on the medical board process.

Each person in the Transition Group must maintain a job and conduct his own affairs. The program goes beyond a medical holding company. By having such a program, actual inpatient hospitalization is minimized. It provides an alternative to long term hospitalizations, yet enables the staff to stay in contact with the patient to ensure optimum patient care.

Lieutenant Frank Wasky, NC, is the Director of the program and he works jointly with Hospital Corpsman Second

Class Charles Frye, a Psychiatric Technician. Their function is to supervise the program, develop and implement new ideas and attend to the needs of the patients.

Ms. Gloria Grace, MSW, the Psychiatric Social worker on the project, is leader of the Process Group. She says, "This particular group is open-ended and minimally structured. It affords the post-hospitalized patient the opportunity to express feelings, fears, and concerns in a group setting. The objective is to help promote functional adaptive responses and aid in the successful coming to terms with psychiatric illness."

Lieutenant Commander Ozzie Watson, an Occupational Therapist, is leader of the Transition Group. This group offers an opportunity to the patient to deal with feelings, ideas, and actions involved in a new life situation after hospitalization. Topics covered include exploring work skills, use of leisure time, dealing with psychiatric history, building self-esteem and interacting effectively with others.

The Transition Program also utilizes resources from the Veterans Administration, Department of Labor, and California Department of Employment Development, as well as representatives from large industries. Videotaping is used in mock employment interviews so that problem areas can be overcome and a person seeking employment will make a good showing of himself during an interview.

The program is obligated to promote safety, health, and general welfare of its participants. As a function of the Psychiatric Department's treatment facility, the program is an integral facet of NRMCC Oakland's support of Navy personnel, retirees and dependents.

—HM2 Charles Frye



COUNSELOR—Ms. Gloria Grace, the psychiatric social worker on the project, confers with a female patient.



OCCUPATIONAL THERAPY—This aspect of the program plays a major role in the rehabilitation of the patients. HM3 Robert Wetlauffer (right) and HM2 Darryl Spurgeon help a young marine fill out an SF-171 application form for federal civilian employment.

Voting slogan contest open

All DoD civilian employees, and U.S. service members and their families worldwide, are invited to participate in the 1982 Federal Voting Assistance Program's Voting Slogan Contest.

The winning entry will key the entire voting information effort planned for the 1982 election year. The selected slogan will appear on voting information materials to be distributed throughout the U.S. government and private industry. The contest winner will receive a Certificate of Recognition from the Department of Defense.

To participate, send any number of

slogans (in any form) along with artwork, if available, to the Federal Voting Assistance Program, Office of the Secretary of Defense, Room 1B-457, The Pentagon, Washington, D.C. 20301; FVAP's telephone numbers are (202) 694-4928/4960 or Autovon 224-4928/4960. All entries must be received before Sept. 11, 1981, and should include the participant's full name and mailing address.

The FVAP is responsible for providing voting information to the members of the U.S. armed forces and their families as well as to all U.S. citizens overseas.

FOR YOUR INFORMATION

THE CIVIL LINE

USES OF PERFORMANCE APPRAISALS

The primary purpose of the new Navy Basic Performance Appraisal Program is to improve overall productivity of the Navy's civilian work force. This coincides with the purpose of the Civil Service Reform Act upon which the new performance appraisal program is based.

Congress specifically provided that the results of performance appraisals shall be used "as a basis for training, rewarding, reassigning, promoting, reducing in grade, retaining, and removing employees." It is important to note that performance appraisals must be a basis, that is **not the only basis** for these personnel actions, but one of perhaps several factors taken into consideration by management.

The performance appraisal can be used by management in determining training needs both to identify and correct poor performance, as well as to provide for the development of maximum proficiency and to install and utilize effectively the best modern practices and techniques. In both respects training based on performance appraisal can promote the efficiency and economy of operations.

Rewards based upon performance appraisal may include special achievement awards (though these are not limited to, or automatically linked, with performance appraisals), quality step increases, and within-grade increases. Only the within-grade increase is directly linked to performance appraisals. To receive a within-grade increase an employee's performance must be satisfactory or better on all critical performance elements.

While promotions are based on many factors, including length and type of experience, related training, and awards and commendations, performance appraisals will now be one of the factors. An employee in a career promotion assignment will not be recommended for the career promotion unless performing at the satisfactory level on all critical performance elements. An overall appraisal of satisfactory will not, in and of itself, be sufficient. In promotions resulting from vacancy announcements the performance appraisal will be used in lieu of a specific supervisory appraisal when the employee's present position is similar to the position for which applying.

Congress also requires that the performance appraisal system shall provide for "reassigning, reducing in grade, or removing employees who continue to have unacceptable performance, but only after an opportunity to demonstrate acceptable performance". Unacceptable performance is defined in the law as performance of an employee which fails to meet established performance standards in one or more critical elements of such employee's position. This provision of the Civil Service Reform Act not only authorizes management to take action against the employee whose performance is unacceptable, but also protects the employee from arbitrary action by requiring that the employee be given an opportunity to improve prior to reassignment, reduction in grade, or removal based on the unacceptable performance.

The effect of performance appraisals in retaining employees will be twofold. They will be an important tool in determining whether an employee should be retained during either an initial probationary period or a supervisory probationary period. In addition, the provision whereby an employee who is currently evaluated as outstanding has four years of service added to the creditable service for purposes of reduction-in-force, will be continued.

Educators visit Oak Knoll

About 90 educators from San Diego and Phoenix visited Naval Regional Medical Center Oakland on Aug. 5 to familiarize themselves with the center and the training it provides.

The group was welcomed by Captain Warren W. Hodge, Recruiting Liaison Officer of the command.

Career autobiographical sketches were given by Chief Warrant Officer Herbert Johnson, Physician's Assistant; Lieutenant (junior grade) Robert

Hoffner, Medical Service Corps, and Hospital Corpsman First Class Barbara Heep.

Petty Officer Heep also explained Navy Medical Department career programs.

The educators then toured the Preventive Medicine and Operating Technician Schools.

The visit is an annual event coordinated by Captain Hodge and the Navy Recruiting Department.



LEARNING EXPERIENCE—Nearly 90 educators from San Diego and Phoenix on a recent visit to NRMCO Oakland were welcomed by Captain Warren W. Hodge, Regional Health Care Coordinator and Recruiting Liaison Officer for the command.

Scrubs—practical dress for surgeons or status symbol of 'rip-off' artists?

By Lieutenant R. J. Burg
Assistant Chief, Operating Management

According to an article published in *Hospitals*, it is difficult to determine why the popularity of scrub suits has skyrocketed. Maybe it started with the "medical student who forgot to take off his scrub suit after laboratory class, wore the suit home, and found it to be comfortable and durable enough to wear while washing the car, playing baseball, jogging, or just relaxing around the house."

Perhaps Doctors Casey, Kildare and Welby, who wore scrubs quite frequently on their popular television series, are responsible.

Possibly, whatever motivates people to take souvenirs from hotels, restaurants and hospitals (commonly referred to as the "Holiday Inn Syndrome") is the cause of the madness.

There is a certain degree of humor involved in a scrub top becoming a status symbol out in town. But when surgeons search sometimes in vain for this increasingly scarce commodity, it is no longer a humorous matter.

A similar serious situation exists at Naval Regional Medical Center Oakland, and must be resolved. It is imperative that the hospital staff realizes the financial implications involved and helps support this command in preventing a serious problem from becoming an epidemic.



DON'T LET IT HAPPEN TO YOU—For whatever reason, removal of scrub suits from authorized areas is theft in accordance with UCMJ Article 121. Any person found guilty of larceny or wrongful appropriation will be punished as court-martial may direct.

Defense Hotline established

Recently, Secretary of Defense Caspar W. Weinberger formed a new position of Assistant to the Secretary of Defense (Review and Oversight) to advise on matters relating to fraud, waste and abuse in Department of Defense organizations.

A Defense Hotline has also been introduced so that all instances of suspected fraudulent activities can be

promptly reported to the appropriate DoD criminal investigative agencies. The Defense Hotline is located in Washington, D. C., and operates between 8 a.m. and 4:30 p.m. each workday. The hotline numbers are as follows: (800) 424-9098 (toll-free), (202) 693-5080 (national capital region) and 223-5080 (Autovon) (NES).

Chemist needed at Mare Island

Applications will be taken until Sept. 10 for an open position at the Mare Island Occupational Branch Clinic for a Chemist, GS-05/07/09/11.

A bachelor's degree in one of the physical or life sciences, or engineering, which included 30 semester hours of chemistry, at least six semester hours of physics, and mathematics through differential and integral calculus is required.

The above requirements are fully qualifying for grade GS-5. For GS-7 one year professional experience or one year graduate education is required. For GS-9 and GS-11 two or three years, respectively, are required.

For more information call Chris Lessler at the Civilian Personnel Office Ext. 2116.

Keel laid for new class of ship

Speaking at keel laying ceremonies for LSD-41 in Seattle, Wash., Secretary of the Navy John Lehman said earlier this month that "The amphibious forces will be at the very front of the Navy in the decade ahead."

LSD-41 is the lead ship of a new class. Mr. Lehman said this new class represents a large step in the revitalization of our key national asset—the U. S. Navy.

The ship will be 609 feet long with a beam of 84 feet. It will displace 15,774 tons and have a draft of 20 feet. The new class will be powered by four diesel engines producing about 35,000 horsepower which will enable it to operate economically at about 20 knots.

LSD-41 is designed to carry four cushioned LCAC landing craft in addition to jeeps, tanks and other equipment for amphibious assault operations. The complement of the crew will include 22 officers, 391 enlisted personnel and 340 troops.

The Secretary said the Navy has established a firm policy to develop sufficient amphibious lift to transport simultaneously the assault echelon of a marine amphibious force and a main amphibious brigade. "Thus we shall have the capability to undertake major amphibious operations to secure maritime security simultaneously in two separate areas of the world," Mr. Lehman said.

PEOPLE MAKE NEWS

Former Army man is Sailor of Month

(Editor's Note: Our usual reliable source in Military Manpower Service who tips us to the selection of Sailors of the Month, was absent on leave when the top petty officer was selected in June. Therefore, we didn't hear about it, and we failed to recognize the very deserving nominee who was selected. We publish the story now, a little late, but nevertheless noteworthy.)

Operating Specialist First Class Randy W. Franks, head of the General Services Branch in Operating Management Service, was selected this command's Sailor of the Month for June.

In his position he is responsible for management of telephone, teletype, VHF radio, pagers and mail distribution services for the medical center, and has been the project officer for rapidly changing communication needs. "His technical skill and administrative capability have been exceptional in bringing about needed changes," said Lieutenant Michael P. Lawson, his superior officer.

Additionally, Petty Officer Franks has been active in the First Class Petty Officers Association as its Vice President, and as Vice President of the Enlisted Mess (Open) Advisory Board.

With 11 years' of military service, he has had duty aboard six aircraft carriers—USS ENTERPRISE, USS MIDWAY, USS KITTY HAWK, USS CONSTELLATION, USS RANGER and USS NIMITZ, and six years' service in Army Armor units. He is a graduate of two military technical schools.

Petty Officer Franks holds the Meritorious Unit Commendation, Sea Service Deployment Ribbon, Humanitarian Service, Army Commendation, Vietnamese Cross of Gal-



OS1 Randy W. Franks

lantry, Army Good Conduct, Vietnam Campaign, Vietnam Service, and National Defense.

Originally from Manchester, Iowa where his parents still live, he became a policeman and later an industrial employee in his home state after his Army enlistment before returning to the military, this time with the Navy.

Assigned to NRMCC Oakland for the past eight months, he expects to eventually return to duty aboard USS ENTERPRISE (CVN-65), and has a career goal of becoming a Chief Warrant Officer.

Petty Officer Franks and his wife Becky make their home in quarters on Hamilton Air Force Base. They are parents of two—David, 7, and Mickie, 4.

He enjoys the sports of softball, bowling, basketball and racquetball.

Stansbury still a shipmate here

Through faulty input to our Comings and Goings column in the last issue of *Oak Leaf*, we listed Hospital Corpsman Third Class Richard A. Stansbury as honorably discharged from the Navy.

We're sorry for this error but pleased to find that he is still in the Navy and at Oak Knoll, attending Operating Room Technician School.

DAS to take leave

Commander Frank Fisher, Director of Administrative Service, Naval Regional Medical Center Oakland, will be absent from the command during the period beginning Sept. 13 and ending Oct. 6.

Acting in the billet during his temporary absence will be Commander George Hansel, normally Chief of Preventive Medicine Service here.

Antabuse is subject

Dr. Charles Becker of the University of California, San Francisco, will present a special lecture on Antabuse therapy Sept. 4 at 1 p.m. in the Clinical Assembly.

Dr. Becker is reportedly an expert in the field of clinical toxicology.

The lecture is sponsored by Oak Knoll's Alcohol Rehabilitation and Psychiatry services.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Commander Kenneth Kelleher, Medical Corps, released from active duty.

Lieutenant Susan Knott, Nurse Corps, released from active duty.

Lieutenant Laurel D. Van Ruitenbeek, Nurse Corps, released from active duty.

Lieutenant Mary E. Witnik, Nurse Corps, released from active duty.

Commander Hudson B. Price, Medical Service Corps, to Camp Lejeune.

Lieutenant Commander Thomas Walden, Medical Corps, released from active duty.

Lieutenant Commander Kathleen Renkiewicz, Nurse Corps, to Baylor University.

Hospital Corpsman Second Class Deborah Ann Smith, Laboratory, released from active duty.

Hospital Corpsman Third Class Christopher Klug, Nursing Service (6 North), to Naval Regional Medical Center San Diego.

Dental Technician Second Class Thomas Calimlim, Dental Clinic, to Ft. Sam Houston, Tex.

Hospital Corpsman First Class Jeffrey Benne, Laboratory, to Yokosuka, Japan.

Hospital Recruit James G. Stuart, II Special Services, to First Marine Division, Camp Pendleton.

Master Chief Hospital Corpsman Robert Bowman, Outpatient Department, to Okinawa.

Hospital Corpsman First Class Ivan Campbell, ENT, released from active duty.

...

"Welcome Aboard" to newly reported:

Captain Earl F. Evans, Medical Corps, ACDUTRA, Orthopedics.

Ensign Norman Ove, Medical Corps, ACDUTRA, Orthopedics.

Ensign David Wakefield, Medical Corps, ACDUTRA, Anesthesiology.

Commander Paul Moser, Medical Corps, Gastroenterology.

Lieutenant James Moon, Medical Corps, OB/GYN Service.

Ensign Carl E. Steele, ACDUTRA, Pathology.

Ensign Richard O. Walker, ACDUTRA, Surgery.

Ensign James F. McCaul, ACDUTRA, OB/GYN.

Ensign John L. Olson, ACDUTRA, Pulmonary.

Lieutenant Charles R. Hinman, Medical Corps, Medical Service.

Lieutenant Everett N. Clark, Medical Service Corps, Occupational Therapy.

Commander Patricia White, Nurse Corps.

Lieutenant Commander Evelyn P. Strode, Nurse Corps.

Lieutenant Margaret E. Burns, Nurse Corps.

Lieutenant (junior grade) Stephen S. Stewart, Nurse Corps.

Ensign Laura A. Wotowic, Nurse Corps.

Lieutenant Thomas A. Tami, Nurse Corps.

Lieutenant Jace Hyder, Medical Corps, Surgery.

Ensign William McDaniel, Clinical Clerk, Psychiatry.

Lieutenant Commander Rosalind Robertson, Nurse Corps.

Lieutenant Commander Mary Ann Petrosky, Nurse Corps.

Lieutenant Jeffrey Friedman, Medical Corps, ENT.

Lieutenant Paul Rocconi, Medical Corps, Radiology.

Lieutenant Clyde Faucett, Medical Corps, Internal Medicine.

Lieutenant Daniel Brooke, Medical Corps, Orthopedics.

Lieutenant (junior grade) James Grady, Medical Service Corps, ACDUTRA.

Lieutenant Commander Danny Lancaster, Medical Corps, Internal Medicine.

Lieutenant Commander Roger Haley, Medical Corps, Internal Medicine (Nephrology).

Lieutenant Gail Gullickson, Medical Corps, Internal Medicine.

Lieutenant Gerald Nelson, Medical Corps, OB/GYN Service.

Lieutenant John Haller, Medical Corps, Surgery.

Ensign Joseph Moore, Clinical Clerk.

Lieutenant Commander Robert Felton, Medical Service Corps, Laboratory.

Ensign James Harrington, Clinical Clerk.

Lieutenant Jeffrey Kezlarian, Medical Corps, Psychiatry.

Lieutenant Robert Phophete, Medical Corps, indoctrinee for 10 days enroute to Guam.

Hospitalman Donald G. Henery, Nursing Service.

Hospital Apprentice Charles Gordon, Nursing Service.

Hospitalman Patrick Malone, Military Manpower.

Hospital Corpsman Third Class Ronald Mays, X-Ray.

Hospital Corpsman Third Class Rosemary Nichols, Nursing Service.

Hospital Apprentice Michael Ricker, Dermatology.

Hospital Corpsman Third Class Donna L. Steele, Nursing Service.

Hospital Corpsman Third Class Kenneth Ward, Military Manpower.

Hospital Apprentice Richard Whitehorse, Nursing Service.

Hospital Recruit Mike Canniffe, Security.

Hospital Apprentice Cheryl Utter, Military Manpower.

Hospital Recruit Anthony Dunlap, Outpatient Service.

Hospital Apprentice William Ernst, Military Manpower.

Three corpsmen assist boy scouts

A note of thanks goes to those Navy corpsmen who participated as first-aid attendants in Boy Scout Day Camps this summer.

They were: Hospital Corpsman Second Class Jesse Laster from the branch clinic at Treasure Island who helped June 22-25 at Coyote Hills in Fremont; Hospital Corpsman Third Class Joel Welter, from the Oak Knoll Neurosurgery Clinic, who assisted at the camp June 29-July 2, and Hospital Corpsman First Class Joseph Adams of the Oakland hospital's Cardiopulmonary Lab, who attended the July 6-9 campout at Diamond Park, Oakland.

Most injuries suffered by the scouts were limited to minor finger cuts and skinned knees. However, Petty Officer Welter was on hand to render aid to a boy who, although not a scout, was in the vicinity and took a nasty spill off his bike. Welter splinted the youngster's broken wrist and the injured lad's father took the young accident victim to the hospital.

Prus tops in X-ray class

HN John F. Prus was the Valedictorian of Basic X-Ray class 81-005, which graduated here in Aug. 14 ceremonies.

Prus had a grade average of 99.9 percent. His new duty station is NRMCC Groton, Conn.

Class Adjutant HM2 Michael P. Beckley, who also graduated with honors, has been transferred to NRMCC San Diego.

Other graduates and their new duty stations: HN Arnel D. Agustin to Naval Branch Clinic, Little Creek, Va.; HM3 Lovely P. Allen to NRMCC Guam; HN Kevin C. Barnes to NRMCC Camp Lejeune, N.C.; HM3 Theodore M. Empleo to NRMCC Long Beach; HN Javier Guereña to NRMCC Camp Pendleton; HN James J. Holley to NRMCC Jacksonville, Fla.; HM2 Erik D. Jensen to NRMCC Annapolis, Md.; HM3 Gregory L. Jordan to NRMCC Great Lakes, and HN Kevin R. Lanergan to NRMCC Charleston, S.C.

Also: HM3 John N. Langley to NRMCC Camp Pendleton; HM2 Paul E. Merritt to NRMCC San Diego; HN Lawrence J. Ostrowski to NRMCC Great Lakes; HM3 Derrick A. Patterson to NRMCC Bremerton, Wash.; HN Carl A. Rosy III, to NRMCC Camp Pendleton; HM3 Alfonso A. Samia to NRMCC Long Beach; HN Sean P. Simons to NRMCC Jacksonville, and HN Edward M. Waszak to NRMCC Newport, R.I.

SPEAKING OF HEALTH CARE

Our patients write...

As a patient at Oak Knoll for over a month, I have nothing but the highest praise for the entire staff of every facility with which I came in contact.

The personnel of 7 West treated me with utmost courtesy and consideration. They seemed to anticipate my every need and checked in frequently to see that all was well with me.

I cannot select any one person for special commendation without slighting the rest. From the doctors to the nurses, hospital men and women, civilian nurses, student nurses, custodians, all the various testing facilities, and not forgetting the galley, all are a credit to the medical profession.

I was tempted to stay longer but that would have defeated everyone's efforts for my recovery and the trip home. My husband, Capt. Francis Nash, USN (Ret.), concurs with me on all points.

Too often we complain but I wanted all those fine people to know how I felt. My sincerest thanks to each one and may God bless them all.

Annelies Nash
Visalia

RTC CHAMPUS benefits may be eliminated Oct. 1

The Department of Defense has proposed to discontinue residential treatment centers (RTCs) as authorized providers under CHAMPUS.

The proposed change in CHAMPUS regulations implementing the DoD plan was recently published in the *Federal Register*. If the proposal is finally approved, CHAMPUS benefits would end for admissions to RTCs as of Oct. 1, 1981.

To provide for an orderly transition, however, individuals who are in an RTC on that date could continue to receive CHAMPUS benefits for RTC-level care for up to one year, based on individual case review. As of Oct. 1, 1982, all benefits for RTC care would end.

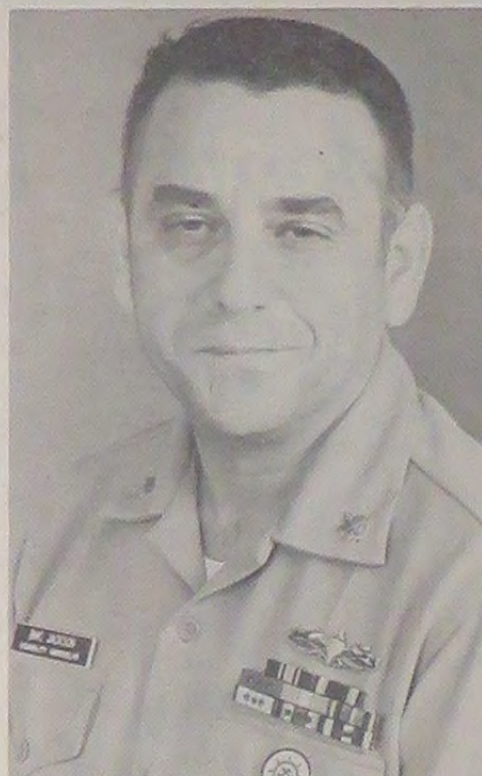
"The decision to propose eliminating RTCs as authorized providers came from a policy review of RTC care by DoD Health Affairs officials," said the Assistant Secretary of Defense (Health Affairs). "The review was prompted by Defense Department concern about continuing problems with this type of facility. It resulted in the conclusion that not only could the management prob-

lems be expected to continue, but that the majority of cases being admitted to RTCs were not those for which CHAMPUS benefits were intended," he said.

CHAMPUS benefits will continue to be available for medically necessary inpatient psychiatric hospital care or outpatient psychotherapy. Also, many RTC residents may be eligible for other, non-medical federal or state programs.

The Secretary continued, "The proposal to terminate CHAMPUS benefits does not mean all RTCs present management problems or that they do not provide a service, particularly in the educational and correctional areas. It is DoD's position, however, that the management problems are sufficiently extensive to raise a serious question about the appropriateness of continued program involvement and that the types of cases generally admitted to an RTC do not represent a level or type of care for which CHAMPUS benefits should be extended."

DoD reports that as of July, approximately 500 CHAMPUS beneficiaries were residents in RTCs.



NEW ONBOARD—Recently arrived Chief Boatswain's Mate Michael D. Jackson, of Costa Mesa, Calif. is NRMCO's new Disability Counselor. Chief Jackson has 20 years of naval service and is a graduate of Instructors' school, Career Counselor's school, Assault Boat Coxswain's school (LMC-8), and LST Bow Ramp Instructors' school. He has been a Command Career Counselor on the USS TUSCALOOSA, as well as at Naval Air Station, North Island. He is also qualified in surface warfare and as a craftsman. Chief Jackson holds four Good Conduct Awards, the Navy Unit Commendation, the National Defense Ribbon, the Vietnam Service Medal with three Bronze Stars, the Republic of Vietnam Campaign Medal with device, the Meritorious Unit Commendation and the Sea Service Ribbon. The Disability Counselor's office is located on 5 East, Ext. 2008.

Stress management workshop scheduled

Is that high volume of year-end work getting you down? Help yourself and become more of an asset to your employer by learning how to effectively manage stress.

The Cady/Stone Chapter of Federally Employed Women is sponsoring a free Stress Management Workshop on Sept. 9, 1981 at 4:30 p.m. The workshop will be held in the second floor conference room of Building 796, Oakland Army Base.

Sharon Scott of the Naval Supply Center Oakland Employee Assistance Program will be the workshop facilitator.

If you have questions, need directions and/or more information, contact Jean Gray 466-2558 or Jessie Wallace 466-2186.

Hearing course held here

The Department of Otolaryngology and Maxillofacial Surgery at Naval Regional Medical Center, Oakland, conducted an Occupational Hearing Conservation course Aug. 19-21.

This course is held every three months for Navy, Air Force, Coast Guard, and Army personnel, as well as civilian health technicians. Classes were held in the ENT classroom on the fourth floor.

Instructing the course were Captain Gordon Strom, Lieutenant John Schleifer, Dr. Charles E. Fankhauser,

Try it dry!

Some advantages of doing it sober:

1. You can remember what you have done. (You don't have to look in your wallet to see if you had a good time.)
2. When you see your friends and family, you don't have to guess whether or not you did something last night you'll regret this morning.
3. You have more money for other things like dinner out, bills, tours, travel, clothes, gifts for people you care about, cameras, furniture, hi-fi equipment, etc., etc.
4. The gorgeous lady (or guy) you met last night still looks good in the daylight. (Or you can recall a pleasant evening with your spouse.)
5. Surprise yourself! Experience a payday with a few bucks left over from the last one.
6. Sound almost as intelligent to others as you sound to yourself. (If you doubt this one, try listening "sober" to someone who is drunk and trying to talk intelligently.)
7. Experience a large party or picnic where everyone has a good time, no one gets hurt, there are no fights, and no military police are required to keep order.
8. You don't have to explain to your kid's teacher why your kid thought beer or liquor was a good example of a major food group.
9. See how much higher your bowling average is when you are as sober during the third game as you were when you got there.
10. Find out how many "sea stories" or tall tales you can tell that don't depend on booze or the consequences of doing something stupid while drunk.

Renal disease seminar subject

Nearly 50 members of the nursing staff attended a seminar on renal disease and treatment modalities in an evening meeting at the Officers' Club, Aug. 19.

The training was presented by the NRMCO Oakland Nephrology staff and offered three Board of Nursing credits.

In addition to a slide presentation, speakers were Lieutenant Commander J. Hamilton Licht, Chief of Nephrology; Lieutenant Commander Stephanie Brodine, Internal Medicine; Lieutenant Commander Carl Sainten, Fellow in Endocrinology; Lieutenant Mark Nowicki, charge nurse of the Hemodialysis Unit, and four nurses from the same unit: Lieutenants Lawrence Graheek, Margaret Benson, Marcy Beck and Margie Laudolf.

Also speaking were Lieutenant Commander Douglas Love, Chief Dietitian, and Hospital Corpsman Second Class Martin Geer, Chief Technician in Hemodialysis.

Dozen winners diagnose problem

At least a dozen staff members came up with the right diagnosis for a case history posed by the X-ray Department in the first of a series of "What's the problem?" contests.

The clues presented were:

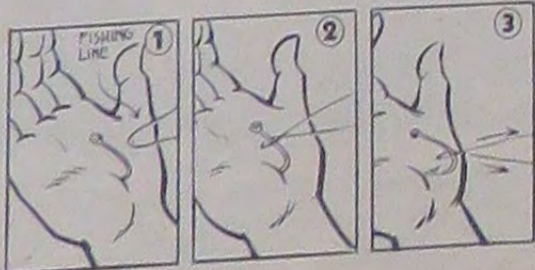
- The majority of cases are in elderly women.
- Usually the stone enters the bowel through a cholecystoduodenal fistula.
- The majority of obstructions occur in the distal ileum, due to the decreased caliber of the bowel.
- The classic triad, present in this case, consists of: ileus, air in the biliary tree and a stone (usually 2.5 cm or larger).
- Mortality rate is 15 to 20 percent.
- Treatment is surgery.

Coming up with the correct diagnosis of *gallstone ileus* were LT Kim S. Hammelberg, LCDR Gregory J. Gnad, LT Dave J. Smith, LT Jeffrey D. Upton, LCDR Mike Abel, LCDR H. Dale Harrier, LT Kurt R. Roemer, LT Richard T. Bosshardt, LCDR Chris Harris, CAPT Richard R. O'Reilly, LT Richard P. Erwin and LT Douglas C. Riehle.

Clues and X-rays of the next case history are now posted in the patient viewing room of the X-ray Department and a new case history will be posted every two weeks. Some answers will be obvious; others, complicated.

Join in on the fun.

How to Safely Remove A Hook



1. Use a piece of fishing line at least a foot long.
2. Loop the line around the shank of the hook.
3. Hold the ends of the line apart, grasp firmly and apply even pressure. The hook will slide free.

WITH THE FAMILY



SCOUT CHARTER—Pete Hoffman (left), District Executive of the San Francisco Bay Area Boy Scouts of America Council, presents the new Cub Scout Charter for NRMCO-sponsored Troop 428 to Rear Admiral Walter M. Lonergan, Commanding Officer. Looking on is Lieutenant Commander Earl Martin, the troop's scoutmaster. This year's Cub Scout program begins in September and is open to all male military dependents, age 5-11.

DoD to fight tuition charges

Defense Secretary Caspar W. Weinberger has assured service secretaries that the Reagan administration will use all available legal steps to prevent the imposition of tuition charges on military members for public school education of their dependents.

In a June 1 memorandum to secretaries of the Military Departments, he emphasized confidence in this position, noting that some local jurisdictions are contemplating the imposition of tuition charges for the public school education of military dependents. This action, he said, is in response to proposed reductions in federally funded impact aid provided to communities having significant populations of federal workers.

"I want to make clear," Weinberger continued, "my view that any such action by states, counties, or school districts is completely unwarranted and that the Department of Defense will take every possible measure to prevent it."

"The matter has my close attention. Please advise your members that I am determined that no soldier, sailor, airman, or marine will be forced to pay tuition for the public school education of his or her dependents."

The federal impact aid program reimburses public school districts for a portion of the cost incurred in educating dependents of federal employees, including members of the military services. It provides financial assistance to local educational districts where operation of a military installation or other

activity on federal property deprives states and local districts of real property, consumer, and income taxes.

The impact aid budget proposal for Fiscal Year 1982 will affect two categories of students:

Those students whose sponsors live and work on federal property are termed Category A. There are about 230,500 military dependents in this group. For school districts where Category A children constitute 20 percent or more of total district enrollment, impact aid would continue at 90 percent of the FY 1981 level.

The remaining Category A military dependents are in schools where less than 20 percent of total district enrollments are made up of federal employee dependents. Impact aid for these districts would be eliminated.

Students whose sponsors work on federal property but live in the civilian community are termed Category B. About 330,500 military dependents are in this group. Under the FY 1982 proposals, impact aid payments for these federal dependents would be eliminated.

In the expectation that Congress will approve the FY 1982 budget proposals, some states are preparing to enact legislation permitting local school districts to charge tuition fees to dependents of service members living on military installations. Other states are preparing to activate existing authority to alter educational districts in a way that would require the military to educate its resident dependents.

Sailing races coming soon

Sailing championships of the Central Pacific Region will be determined in a fleet race hosted by Treasure Island on Sept. 26-27.

Each crew will consist of a skipper and two crew members, all on active duty in the Navy, Coast Guard or Marine Corps. One entry is permitted from each base or locally homeported afloat command and participants will use Rodes 19 Class sloops with spinners.

Entries must be in no later than Sept. 22.

For more details, contact Ron Brown, Ext. 2350.

the Military Family

Question: Is television advertising in some way harmful to my children?

Reply: Much concern about this issue has been generated among parents, physicians, social scientists, business and government. Reasons for concern vary. Parents feel harassed by their children's insistence for advertised products not needed, not healthy for them or not affordable. Children's pleadings often invoke guilt feelings in parents who desire to make their children "happy" and find it difficult to say "no."

Physicians concern themselves with the health and safety aspects. Saturday morning programming, ear-marked for young children, presents on the average of 23 commercials per hour, 60 percent of which advertise sugar-coated cereals, cookies, snacks or candies. These foods have high potential for the development of obesity, dental cavities and lifelong poor eating habits, yet children clamor for them.

Adult-oriented shows seen by all ages heavily advertise over-the-counter medicines. This may imprint the notion of "take a pill to relieve every discomfort" in the child's mind and possibly lead to his trying drugs in the medicine chest and overdosing.

Then there is the moral and ethical consideration of whether it is proper to attempt to sell through advertising to a vulnerable child population which legally has no power of attorney. In ancient biblical times some communities considered buying from or selling to a child a serious crime.

How do young children perceive advertising directed to their age group with its bright, loud, larger than life action oriented approaches?

Studies reveal that the very young are not fully aware of the concept of selling a product behind the commercial. They see it as part of the story. Clarity comes with age and from this comes pressure on parents to buy.

With more maturity the youngsters view commercials with suspicion and skepticism because they already have had disappointing experiences with products which were not what they were represented to be. Public criticism and concern have further improved this situation. Much more remains to be done by informed parents and other citizens.

Parents are well advised to comment on and encourage discussion with their young children about the many issues television advertising brings to the fore. Only in this manner can we ensure some protection against television advertising's potentially harmful effects on the health and safety of our offspring.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th Street, Arlington, Va. 22209.

Art contest announced

All active duty Navy, Marine Corps and Coast Guard personnel, their dependents, reservists, retired and civilian employees are eligible to compete in a Central Pacific Regional Art Contest hosted by the Navy/Marine Corps Museum on Treasure Island from Sept. 19 to Oct. 10.

Any subject may be used. Media include: oils and acrylics, water color, pastels, charcoal, pen and pencil, and miscellaneous media which include scratch base and any other not previously listed. (Due to limited space, however, sculpture and photographs will not be accepted.)

Artists may submit up to three works in each media, not to exceed five entries per artist. All work must be framed and ready to hang when presented. Name, address and title of work

must be affixed to the back of each piece of art.

There will be three divisions in the show: Children 11 years and under; Youth, 12 to 17 years; Adult, 18 years and older. Ribbons will be awarded in each medium for first, second, third and honorable mention, plus a best of division and best of show award.

All art work must be delivered to the Navy/Marine Corps Museum Office, Room 114, Bldg. 1, Treasure Island, between 8 a.m. Sept. 5 and 3:30 p.m. Sept. 12.

The show will be judged and winners announced at a reception at the museum on Sunday, Sept. 27 at 2 p.m.

For entry blanks and further information, call the museum at (415) 765-6182.

Applications due soon for fall PACE exam

The U.S. Office of Personnel Management (OPM) has announced that it plans to administer the nationwide Professional and Administrative Career Examination (PACE) between Oct. 28 and Dec. 12, 1981.

OPM Job Information Centers will accept applications from Sept. 14 through Oct. 13 to take the test. Applications received before or after that date will be returned without action.

Specific testing dates will be set by OPM regional offices. Individual applicants will be notified as to when and where they will be taking the written

test. Generally, applicants who file their applications first will be tested first.

All PACE competitors who attain eligibility will be placed on PACE registers for referral to federal agencies by mid-January 1982.

PACE presently covers approximately 100 occupations at GS-5 and GS-7 entry levels into federal service. The vast majority of those taking the test are college students.

For further information, contact the nearest OPM Federal Job Information Center at 450 Golden Gate Ave., San Francisco, telephone (415) 556-6667.



The following recent additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to HM2 John A. Maiuro, Branch Clinic Treasure Island, and his wife Robin, Aug. 4.

A baby girl to HN Jessica Diann Harris, Hypertension Clinic, and her husband Charles, Aug. 7.

A baby boy to HM2 Richard R. Navarro, Branch Clinic Alameda, and his wife Gloria, Aug. 15.

A baby girl to HM2 Charles Frye, Psychiatry Service, and his wife Candace, Aug. 16.

OFF DUTY

Staffers take honors in tennis tournament

By Ron Brown

Behind Kevin Barnes and John Jennette, NRMC Oakland captured the highly coveted 1981 Central Pacific Regional Team Championships. Winning key matches and contributing highly to the team's success were Ben Carey and Roger Sheffield.

Barnes walked off with the individual "open" singles champ award and Jennette took the fourth spot trophy.

In the Junior Vet classification Alan Kay captured first place in the Central

Pacific Regional Singles Championships with Jack Avalos getting the runner-up spot.

Charles Scott took second place honors in the Senior Division of the Central Pacific Regional Singles Championships.

Debbie Driscoll placed fourth in the 1981 Central Pacific Regional Championships of the Women's Division.

Halloween party plans underway

Oak Leaf has just learned that the Medical Department will be sponsoring a Halloween dinner party at the Officers' Club on Friday, Oct. 23.

Although it's too early to announce details, we thought you'd like this advance notice to begin planning your costume by frequenting flea markets, searching the attic trunk, rolling out the sewing machine, or putting in an early registration for a monster's head at your friendly rental agency.

Tickets will be available through the Chiefs of Service in mid-September.

Horseshoe meet slated Sept. 26

A round-robin, singles horseshoes tournament will be hosted by Mare Island on Sept. 26 at the Vallejo City Park Horseshoe Courts, Alabama and Marin Streets, directly opposite the Veterans Building.

Each command may enter four participants, who must furnish their own horseshoes.

If interested, contact Ron Brown, Ext. 2350, to enroll.

Boxing champ patient here

Retired Army First Sergeant Lew Jenkins, former lightweight boxing champion of the world, was recently a patient here on the medical wards.

Jenkins took the title May 10, 1940 when he knocked out Lou Ambers in the third round at Madison Square Garden in New York City. He held the title until Dec. 19, 1941 when he lost to Sammy Angott in the 15th round.

His last fight was on April 14, 1950 when he knocked out Beau Jacks in the sixth round.

Lew Jenkins, nicknamed the "Sweetwater Swatter," is credited with 109 bouts, 47 KO's, 19 decisions and 5 draws. Jenkins was KO'd 12 times and lost 26 fights by decision.

He now makes his home in Concord.



THE 'SWEETWATER SWATTER'—Lew Jenkins as he appears at his boxing prime. Although seasoned by the years, the spirit lives on.



'IT'S ALL YOURS'—Departing Morale, Welfare and Recreational Officer Lieutenant Commander Lanny A. Rinard (right) congratulates his replacement, Lieutenant Commander Jerome Bielawski, at the end of a formal social event at the Officers' Club, the last with which LCDR Rinard was involved. LCDR Bielawski, no stranger to the command where he was once before Special Services Officer, returns to Oak Knoll from duty at the Moffett Clinic. He will also assume LCDR Rinard's collateral duty here as Disaster Preparedness Officer for the command. LCDR Rinard departed this week to become administrative officer for the Naval Biosciences Laboratory at Naval Supply Center, Oakland.

Oak Knoll to host cross-country race

The third qualifying race of the Central Pacific Regional Cross Country Championships will be held at Oak Knoll on Oct. 2.

The first race is scheduled for Friday, Sept. 18 at Mare Island, the second at Treasure Island on Sept. 25, and the final at Mare Island on Oct. 10.

All races will be a length of six miles with the exception of the one at Oak Knoll, where participants will meet at the swimming pool and go a distance of five miles.

Team score will be determined by totaling the points scored by the first five members of each team that finishes the event.

Awards will be provided the top four places in the Open Division, the top two in the Senior and Women's divisions. To compete in the Men's Senior Division, runners must have reached their 35th birthday on or before Oct. 10, 1981.

Contact Tom Dresser, Ext. 2080, if you would like to enter.

MOVIES

Friday, Aug. 28, 6:30 p.m.—THE SILENT PARTNER—Christopher Plummer, Susanna York—Drama/R

Saturday, Aug. 29, 1 p.m.—JUNGLEBOOK—Animated—Animation/G

Saturday, Aug. 29, 2:45 p.m.—MARIE ANNE—Andree Pelletier, John Juliani—Drama/G

Sunday, Aug. 30, 6:30 p.m.—EASY RIDER—Peter Fonda, Dennis Hopper—Drama/R

Monday, Aug. 31, 6:30 p.m.—THE GRADUATE—Dustin Hoffman, Anne Bancroft—Drama/PG

Tuesday, Sept. 1, 6:30 p.m.—CATTLE ANNIE AND LITTLE BRITCHES—Burt Lancaster, John Savage—Western/R

Wednesday, Sept. 2, 6:30 p.m.—THE AWAKENING—Charlton Heston, Susannah York—Horror/R

Thursday, Sept. 3, 6:30 p.m.—BREAKTHROUGH—Richard Burton, Rod Steiger—Drama/R

Friday, Sept. 4, 6:30 p.m.—APOCALYPSE NOW—Marlon Brando, Martin Sheen—Drama/R

Saturday, Sept. 5, 1 p.m.—THE NORTH AVENUE IRREGULARS—Edward Herrman, Susan Clark—Comedy/G

Saturday, Sept. 5, 3 p.m.—THE CHASE—Marlon Brando, Jane Fonda—Drama/R

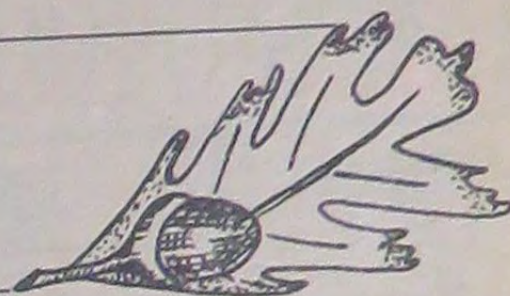
Sunday, Sept. 6, 6:30 p.m.—FIDDLER ON THE ROOF—Topol, Norma Crane—Musical-Drama/G

Monday, Sept. 7—CLOSED—HOLIDAY

Tuesday, Sept. 8, 6:30 p.m.—THIS IS ELVIS—Elvis Presley, David Scott—Biography/PG

Wednesday, Sept. 9, 6:30 p.m.—DOGS OF WAR—Christopher Walken, Tom Berenger—Drama/R

Thursday, Sept. 10, 6:30 p.m.—KING OF THE MOUNTAIN—Harry Hamlin, Joseph Bottoms—Drama/PG



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, September 11, 1981

Severely injured patient advises 'don't ever give up'

By Betty Beck

What possible connection could there be between an act of terrorism halfway across the globe and a young, outdoor girl from the Sierra Nevada foothills whose primary interests in school had been 4H projects, raising sheep and riding horseback?

What nearly unbelievable relationship could exist between a zealous, international neo-Nazi terrorist, allegedly trained in a Palestine Liberation Organization camp, and this petite, fresh-faced American mountain girl serving her country in the United States Air Force?

Further—what lasting impact would the late Gundolf Koehler have on the future of Cynthia Peterson Fox?

I first met her on Nov. 3, 1980. She'd been admitted to Naval Regional Medical Center (NRMC) Oakland, Calif., four days earlier.



Upon her arrival at NRMC Oakland, Cynthia Fox had difficulty in finding a comfortable position for her battered, bandaged body.

(Photo taken Nov. 3, 1980)



Even at the beginning of her long Oak Knoll stay, the pretty airman patient could laugh at herself as she tried to replace an elastic bandage on the stump of her severed left leg.

(Photo taken Nov. 3, 1980)

She lay there in her hospital bed, as fragile and delicate as a Dresden doll, watching a "soap" on the television screen. The only immediately visible clues to her physical problems were a slight dip in the bed covers, and a fading scar across her pretty little nose.

In fact, however, Senior Airman (then an Airman First Class) Fox, 22, was a severely injured young lady who had been transferred from Travis (Calif.) Air Force Base to NRMC Oakland for physical therapy, fitting of prosthetic limbs and neurosurgical evaluation as to whether or not to remove shrapnel still buried in her spinal column.

Cynthia lost portions of both legs and suffered ear drum damage and numerous shrapnel wounds throughout her body, suddenly and violently on Sept. 26, 1980 when a terrorist believed to be Koehler set off a bomb at the crowded entrance to the world-famous annual Oktoberfest in Munich, West Germany.

The young military woman, together with her husband, Staff Sergeant John Fox, and four other U. S. Air Force personnel stationed at Hahn Air Base in West Germany, were nearing the entrance to the festival grounds when the bomb, hidden in a trash can, exploded. Five of the American servicemembers in the group were injured. Cynthia, closest to the detonation, was thrown a distance of 50 feet and suffered the most severe injuries. Koehler and 11 others were killed and a total of 216 persons injured.

"J. D. (SSgt. Fox) remembers seeing a gigantic fireball, several persons thrown off-balance and individuals running around in a state of shock, (but) I remember nothing at all," Cynthia says. "I guess I was bleeding profusely, for my husband who was also injured (broken leg; shrapnel wounds in legs, foot and wrists; ruptured ear drum), crawled to me and applied a tourniquet to one of my legs. A passing taxi driver, a Frenchman driving a German cab, saw our problem and came to aid, applying a tourniquet to my other leg. I guess I would have bled to death there without his help."

German authorities took her to the university hospital in Munich, where she remained 14 days under the foreign doctors' care before evacuation by helicopter to the large U. S. Air Force medical complex at Weisbaden, West Germany.

After two weeks in Weisbaden, she and her husband were flown to Travis, where he would rapidly recover from his injuries and join the staff of the 1901st Communications Squadron.

Physicians at Travis decided to transfer Cindy to specialists at the Navy hospital in Oakland for further treatment, possible surgery, and for the manufacture and custom-fitting of prosthetic limbs.

Her hospital chart in Oakland contains a notation of "... very serious multiple shrapnel wounds, reminiscent of war wounds caused by explosive devices." The medical record also describes in detail the shrapnel which entered posteriorly near the spinal column, the amputation of her left lower extremity to a level of approximately five inches below the knee, and a right



Although she doesn't wince, her face shows strain as Navy Lieutenant Harvey L. Simpkins, a physical therapist, manually raises and lowers the remainder of her right leg. The "metal cage" on her leg is an external fixation device used to hold her many tibial and fibular fractures in place.

(Photo taken Nov. 4, 1980)

partial foot amputation. When she arrived at Oakland multiple right tibial and fibular fractures were being reduced with an external fixation device, a type of metal cage, which was subsequently removed Dec. 15, 1980 and the right lower extremity placed in a plaster cast for about a week.

Prosthetic management, however, actually began on the day that I met her when a plaster wrap was taken of the left below-knee residual limb. On Dec. 19, 1980 a wrap of the other leg was taken as a pattern for a prosthesis to support the right fractured tibia and fibula, and also serve as a device for ambulation. Because of partially open wounds in both right and left residual limbs, ambulation was slow with minimal weight bearing for the next few weeks while these areas were healing.

Twice a day she was wheeled from her 7 West room to the medical center's well-equipped and staffed Physical Therapy Department on the fourth floor. There trained therapists who came to know her well supervised exercises to strengthen the muscles in the remainder of her limbs.

Meanwhile, the shrapnel in her spine posed touchy removal. The hospital's top neurosurgeons evaluated the case for possible surgery. After about a month, they noted some improvement in the spine, and since it was causing her no pain, elected to postpone surgery until such time that it gives her problems. Hopefully, never.

The weeks passed in the hospital, with some progress made each day. On Jan. 13, 1981 medical center otolaryngologists took a skin graft and surgically replaced the damaged ear drum.

With her hearing improved and her general condition good, she was discharged as an inpatient from the Navy hospital on March 31, 1981, and arrangements were made with David Grant Air Force Hospital at Travis to transport her three times a week for a month to NRMC Oakland Physical

Therapy Department for training in ambulation, and for orthopedic appointments.

On April 16, 1981, because of the inability of the left below-knee residual limb to receive full weight bearing without opening up the scar on the distal end, Oakland prosthetic technicians decided to construct a new left below-knee prosthesis with knee joints and a thigh lacer as a major weight-bearing ambulatory device. A new right prosthesis was also constructed at that time and was successfully fitted to support the fracture site and assist her in walking. A little less than two weeks later she had her first fitting on the final legs, and on June 1, 1981 took her first walk with a minimal use of crutches.

While recuperating in her home at Travis Air Force Base, Cindy, still on active duty awaiting medical board

(Continued to Page 6, 7)



Cindy begins pullups. Her wrists are encased in weighted cuffs to put more exercise into arm and chest muscles.

(Photo taken Nov. 4, 1980)

EDITORIAL

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



The Navy has certain laws and regulations, as well as customs and ceremonies. Some of our customs are described in U. S. Navy Regulations Chapter 10, but many of them are unofficial.

We are expected to be just as courteous in the Navy as in civilian life. Because we will often live in crowded quarters close to other people, good manners are important. How we take care of our personal hygiene, how we conduct ourselves when we eat, drink and speak, are important if we are to become good shipmates.

The hand salute is the military custom we use the most. It is a courtesy which has been observed for centuries by military members of every nationality. It probably originated when men in armor raised their helmet visors so that they could be identified. Salutes are customarily given with the right hand, but there are exceptions. A sailor whose right arm or hand is encumbered may salute left-handed, while people in the Army or Air Force never salute left-handed. On the other hand, a soldier or airman may salute sitting down or uncovered (without hat or head gear); in the Navy, a sailor does not salute when uncovered (unless failure to do so would mean embarrassment or misunderstanding), but may salute when seated in a vehicle.

Women in the Navy follow the same customs and rules as men in saluting, with one exception. A woman in uniform indoors, where men customarily remove their hats, does not remove her hat; neither does she salute. She does use the proper spoken greeting, just as she would outdoors.

Persons in the naval service shall be alert to render or return the salute, and all persons shall salute all officers senior to themselves on each occasion of meeting or passing near, or when addressing or being addressed by such officers. One of the exceptions: on board ship, only salute at first daily meeting. Juniors shall salute first.

Salutes shall be rendered by persons in the naval service to officers of the armed forces of the United States, the National Oceanic and Atmospheric Administration, the Public Health Service and foreign armed services.

When senior petty officers perform duties normally assigned to an officer—such as standing JOOD watches or taking a division muster—they rate the same salute as an officer.

It is always better to salute too much than too little. Be more cautious rather than less courteous.

Elevators respect no rank

Have you ever been stuck in an elevator? You're not the only one.

Our Commander in Chief, President Ronald Reagan, recently experienced such a frustrating event, according to a recent news item on a local radio station.

One of the most elegant hotels in Los Angeles had the pleasure of accommodating the President for a few days. Ironically, just as our own Oak Knoll elevators go on the blink at the most inappropriate times, the President and his party were stranded between floors for eight minutes while Secret Service men frantically tried to resolve the problem.

So, the next time you're stuck in an elevator waiting to be rescued, take heart—one one is immune.

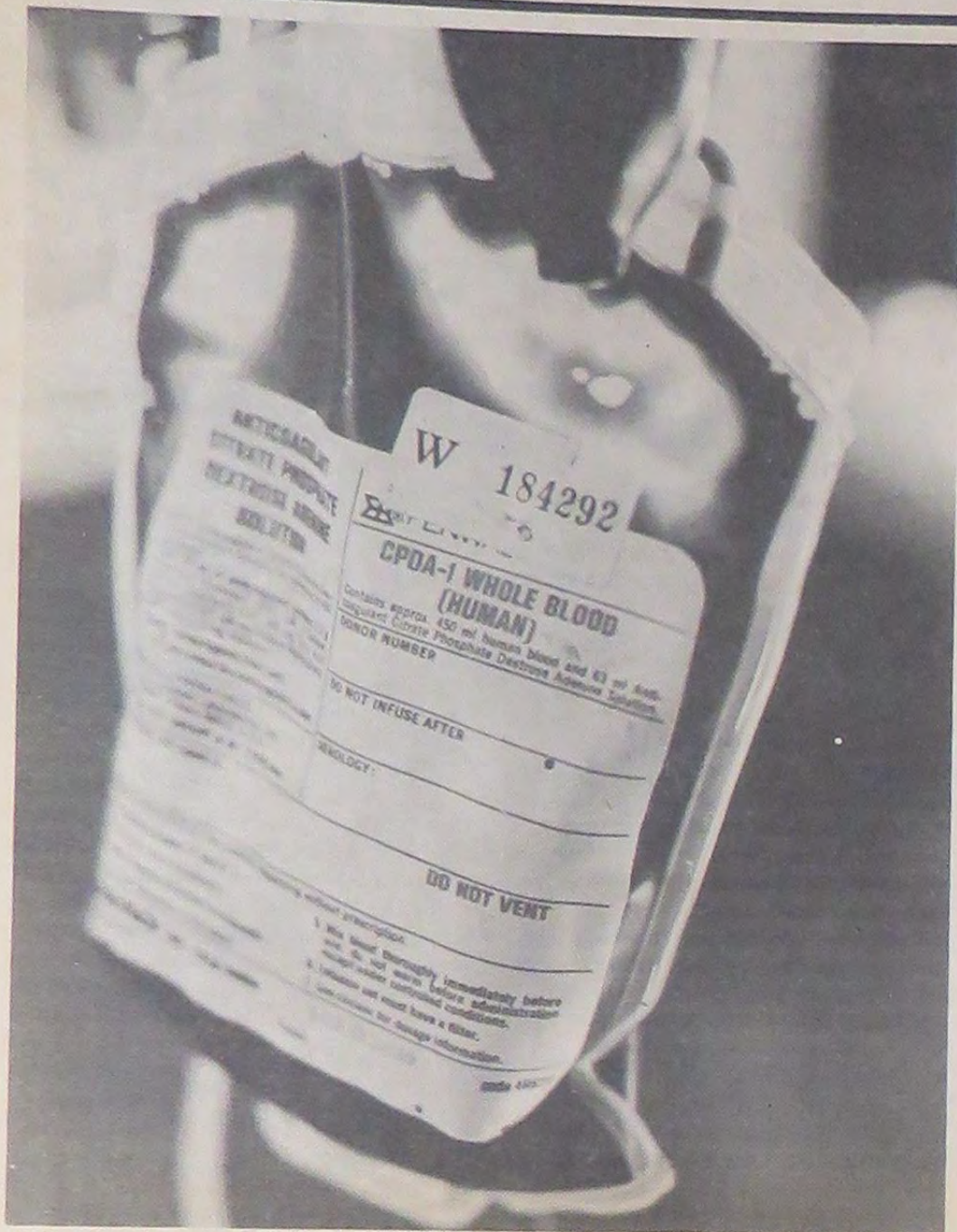
--HN Pamela Johnson



OFFICIAL VEHICLES ONLY



NO DECKSHONERY AT HAND?—Nothing in particular makes this misspelled curb marking newsworthy, but perhaps you'll take comfort in knowing that other people have bad days now and then too.



LIFE SUPPORT SYSTEM—Human blood is the only "medicine" which cannot be manufactured, in the usual sense of the word. Won't you do your part and give? A blood collection will be taken here at the hospital on Tuesday, Sept. 15, 5 East.

(Photo courtesy JO2 John H. Scott, NPGS Monterey)

SG greets Dental Corps

It is a sincere pleasure for me to extend my warmest greetings and congratulations to you on the occasion of the 69th Anniversary of the Navy Dental Corps. You have every right to be proud of your heritage and of the achievements of your predecessors. It is through your unceasing efforts, loyalty, pride and professionalism that this outstanding reputation continues to flourish.

The comprehensive dental health care you provide plays a vital role in preparing and maintaining the overall health of the men and women of the

Navy and Marine Corps. You, as an integral component of the Medical Department, contribute directly to the demanding health care and contingency requirements for the naval service's worldwide readiness posture.

I have every confidence that the same qualities of aggressive leadership, devotion to duty, comradeship and esprit de corps, which characterize the Dental Corps, will continue to make its members a vital part of the Navy's health care team.

VADM J. William Cox
Surgeon General

Marine Corps sends birthday message

The 31st of August 1981 marks the 139th anniversary of the establishment of the Bureau of Medicine and Surgery. As such, it affords me the opportunity to recognize the important contributions that have been made by the five corps of the Medical Department: the Medical Corps, the Dental Corps, the Medical Service Corps, the Nurse Corps, and the Hospital Corps.

The development of the Medical Department can be traced from the ship's surgeon and surgeon's mate to your present distinct and complementary corps. It is a history of service to the United States Navy and the Marine Corps and one that is rich in tradition and steeped in honor.

It gives me great pleasure to extend these greetings on behalf of all Marines and their families. Congratulations on your 139th birthday.

R.H. BARROW, General, Commandant, U. S. Marine Corps

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN,
Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of
Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of
Administrative Services

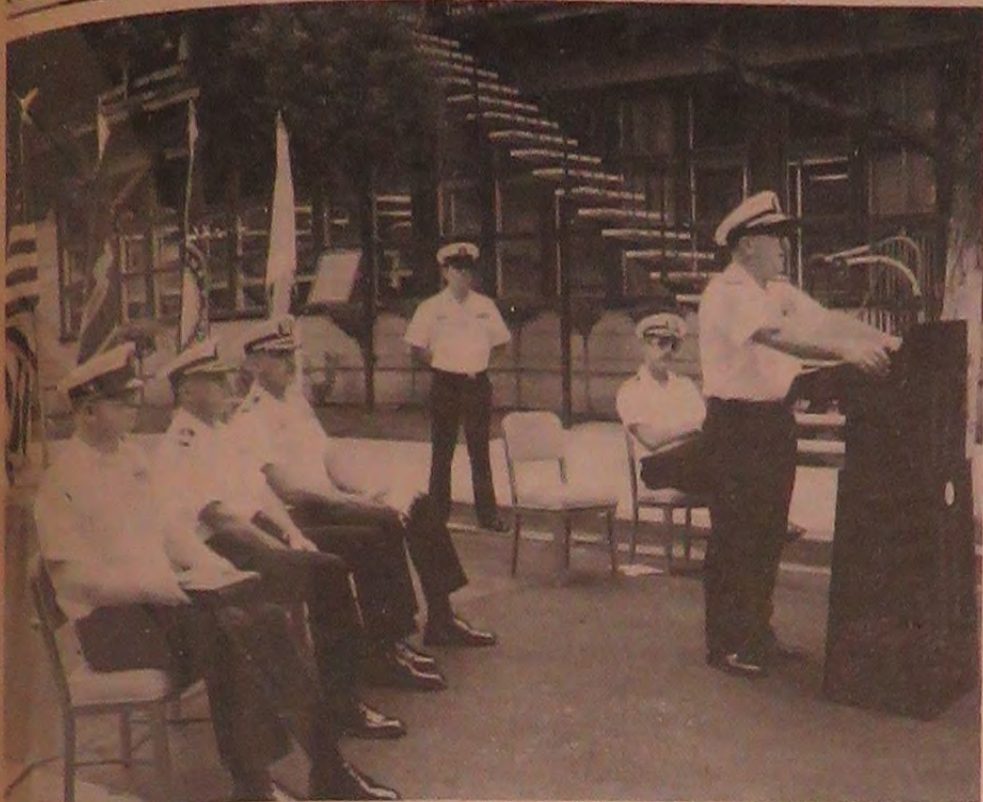
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



OPENING CEREMONY—Rear Admiral Almon C. Wilson, Program Manager, Fleet Hospital Project, addresses the audience attending the recent formal opening of the Fleet Hospital Support Office in Alameda. Seated immediately behind him is Captain Everett L. Jones, officer in charge of the office, which was recently relocated to Alameda as an Echelon Three command assigned to the Chief of Naval Material. (Photo by PH3 Melanie Rudinsky)

CNO to host space meet at Monterey NPG School

Chief of Naval Operations Admiral Thomas B. Hayward, and the National Academy of Sciences, are sponsoring a three-day Navy Space Symposium at the Naval Postgraduate school in Monterey, Oct. 14-16.

The objectives of the Symposium are to explore the implications of space for future Naval operations, to assess the promise of evolving space technology, and to promote discussion of the Navy's developing space programs.

Symposium participation is being invited from Congress, the Department of Defense, other services, other interested government agencies,

universities and the aerospace industry. Speakers and session chairmen will be comprised of distinguished experts in both the technical and operational aspects of space-based surveillance, communications, navigation and meteorological systems. Attendance by Naval personnel, particularly from fleet units, is desired.

More information concerning the symposium and registration procedures may be received from the Navy Space Systems Office (OP-943) at Autovon 227-6441 or Commercial (202) 697-6441.

Clerk needed at Alameda

Applications are being accepted by Civilian Personnel Service throughout today for a qualified Medical Clerk or Clerk Typist at the Alameda Branch Clinic. Salary range is GS-4, \$12,058-\$15,343, or GS-3, \$11,070-\$14,004 per annum.

If selection is made at the GS-3 level, selectee may later be promoted

to the GS-4 level without further competition upon satisfactory completion of training experience and time-in-grade requirements.

Call Nita Quiro, Ext. 2116, for further information.

BuMed earns SecNav safety award

The Navy Bureau of Medicine and Surgery has earned the major command award from the Secretary of the Navy for significant safety program improvements during calendar year 1980. It was the greatest improvement over the previous year's disabling index of any major command.

The activity award was earned by the Naval Ship Repair Facility, Subic Bay.

In a late August message announcing the winners, Secretary Lehman said, "I commend the winners for the outstanding achievements in their 1980 mishap prevention program. I strongly urge all other commands and activities to reemphasize and strengthen their own safety and occupational health programs."



DECEASED—Medical Corps Lieutenant Commander Charles Robert Bareham, who completed a three-year Internal Medicine residency here last summer, was killed presumably in a fall while hiking alone recently in Glacier National Park. At the time of his death, he was on leave from duty in Japan. He is survived by his parents of Vermont, Mass. Memorial services were held here on Aug. 28.

Blood donors needed for Sept. 15 drive

Irwin Memorial Blood Bank will conduct a blood drive next Tuesday at Oak Knoll between the hours of 7:30 a.m. and 4 p.m.

A keyperson has been assigned for every 20 persons at NRMCO Oakland to explain the blood program and make appointments. Anyone wishing to donate blood should contact one of the following keypersons in their department, or call the Blood Bank at Ext. 2283.

OR—Kluckey, Anderson, Carolla and Picart; **5th Deck**—Boone; **6th Deck**—Hearn; **7th Deck**—Cagnoni; **8th Deck**—Roberge; **9th Deck**—Sohl, Laudoff and Gates; **PCC/ER**—Abastillas, Runyon and Boat; **OPD**—McQueen and Torres; **Staff Education**—King; **Patient Affairs**—Fox, Ostrodki and Grant; **Central Supply**—Chappel; **Administrative Support**—Farrier; **Civilian Personnel**—Harlow; **CIC**—Williams; **Management Information**—Frame and Wilson; **Supply**—Wood; **Legal**—Maxwell; **Pastoral Care**—Carroll; **Special Services**—Day; **Military Manpower**—Gladden; **Neurosurgery**—Meriwether; **Physical Therapy**—Burris; **Operating Management**—Padilla; **Psychiatry**—Cagle.

Also, **Dental**—Thackston; **Pediatrics**—Sander; **Cardiology**—Lind; **Prosthetics**—Gilmore; **Urology**—Delnay; **Preventive Medicine**—Wolf, Brock, Frigon and

Cantatore; **CHAMPUS/Patient Records**—Valentine; **Pharmacy**—Hyde and Crawford; **ARS**—Lounsbury; **PSD**—Locares; **Anesthesiology**—Logston; **Comptroller**—Stark; **Occupational Therapy**—Wettlauffer; **Dermatology**—Schmidt; **ENT**—Ellason, Girotty, Fulgum; **Medical Repair**—Johnson; **Radiology**—Harvey and Parcel; **Nuclear Medicine**—Budrewicz; **Laboratory**—Prettyman, Pierron and Hall; **Housekeeping**—Turner and McGrath; **Orthopedics**—Behrens; **Ophthalmology**—Hinkle; **Public Works**—McFadden; **Food Management**—Campbell (J. L. and J. E.) and Stuart; **X-ray School**—Gallego; **Navy Exchange**—Bickling, and, **Interns**—Smith.

(EDITOR'S NOTE: Oak Leaf apologizes for the deletion of ranks, rates, and first names in the above listing of keypersons. This long list of names was submitted at the paper's deadline and allowed no time to obtain the added information. Because we consider our Blood Drives as one of our most important activities at this medical center, we violated all good rules of journalism in this one instance by printing only last names for the convenience of our readers. In the future, long listings submitted to Oak Leaf with either rank, rate or full names deleted will NOT be published.)

Trauma symposium slated here tomorrow

Active and inactive reserve Medical Corps officers from Reserve Readiness Command (RESREDCOM) 20 will attend an NRMCO Oakland-RESREDCOM 20 Joint Trauma Symposium tomorrow at Oak Knoll to review principles of triage and immediate care of trauma in a mass casualty situation envisioned as a military transport loaded with combat troops crashing into a residential area.

Participants have also been invited from Letterman Army Medical Center, San Francisco, and David Grant Medical Center, Travis Air Force Base.

Course directors are Medical Corps Captains W. W. Hodge of this command and E. A. Novak of the reserves. Serving as faculty will be: Captains William Storz, William Carson, Richard Pratt and George Oatis, all of the NRMCO Oakland staff, and reservists Captain James I. Zelko, staff orthopedist, Kaiser Hospital, and Commander Thomas L. Synder, Assistant Professor of Surgery (Urology), U. C. Davis Medical School.

Reserve point credit will be offered to participants.

Career Capsules

By HM1 Barbara Heep

The Navy is engaged in a vigorous effort to ensure that opportunities for career service as naval officers are open to persons who may have been educationally and culturally deprived, but who have demonstrated in their individual environments that they possess the qualities and desire necessary for careers as naval officers. As a part of this effort, the Navy developed the Broadened Opportunity for Officer Selection and Training (BOOST) Program, a tailored curriculum to prepare selected individuals to be more competitive for entrance into NROTC and the Naval Academy. The military staff provides physical fitness, general military training and counseling while a staff of civilian educators teaches the academic curriculum. In general, eligibility is based on eligibility for the existing officer training program.

Members must:

- Be an enlisted member on active duty in the Navy or Naval Reserve.
 - Be highly motivated to become a commissioned officer and have potential for development of qualifications if given suitable educational opportunity.
 - Have two years of obligated service as of March 1 of the year BOOST training commences, or agree to extend.
 - Qualify for entrance into the Naval Academy, upon completion of BOOST, by remaining unmarried with no children.
 - Be at least 17 years of age. Age requirement for BOOST is contingent upon eligibility for one or more of the related officer procurement programs. Age waivers may be granted on an individual case basis for prior service up to 23 years on July 1 of the year entering BOOST.
 - Meet physical requirements for officer candidates.
 - Have no record of conviction by court-martial or civil courts other than minor traffic violations.
 - Meet high standards of personal conduct, character, patriotism, sense of duty and financial responsibility.
 - Be a high school graduate. GED may be obtained during BOOST training.
 - Have minimum GCT/ARI score of 100. No waivers.
 - Have minimum SAT score of 850 composite with at least 460 in math.
 - Be recommended by the commanding officer.
- For more information on the BOOST program, see your career counselor.

FOR YOUR INFORMATION

THE CIVIL LINE

THE SUPERVISOR-EMPLOYEE RELATIONSHIP

Besides setting performance standards and appraising employee performance according to those standards, there are many other facets to the relationship between supervisors and employees. Both have responsibilities and obligations toward each other.

That the employee has an obligation to perform the work assigned by the supervisor is recognized as the basis of the employee-employer relationship. On the other hand, the supervisor has just as basic an obligation to explain the assignment; that is, what to do, and to instruct the employee on how to do it. Occasionally, a supervisor may take it for granted that an employee knows what to do and how to do it. When an employee misunderstands what the supervisor wants or how it's supposed to be done, it isn't always the employee's fault; sometimes the supervisor has not carried out this obligation.

Another part of explaining the assignment is why something needs to be done or done a certain way. Management's selection of an individual as a supervisor shows that management has confidence in that individual's ability to accomplish the function through assignment of work to others. As a result, orders of a supervisor are normally carried out by the employee on the presumption that the supervisor has a reason for assigning the work, and usually the reason is obvious to the employee. Upon occasion, however, the reason may not be so obvious. This is especially true when assignments or methods change. On such occasions the supervisor's obligation to explain **what** to do should include a brief explanation of **why**.

In addition to work assignments, another basic employee obligation is to comply with the employer's rules of conduct. The supervisor's obligation is to ensure that employees know what those rules are.

Few of the basic rules of conduct are in writing. Nowhere, for example, is it written in employment directives that an employee is prohibited from stealing from the employer, striking another employee, or lying about employment-related matters. These acts are prohibited, not by written employer rules, but by commonly accepted rules of the community. Similarly, many rules common to all employment are not in writing. These are referred to as the "common law of the workplace." The supervisor's obligation is to ensure that the employee knows what these unwritten, as well as written, rules are.

When both employees and supervisors are aware of and conscientiously carry out their responsibilities and obligations to each other, the work is accomplished effectively and efficiently, and both employees and supervisors can achieve satisfaction in a job well done.

Space shuttle prepared for second orbital launch

Navy Captain Richard Truly and Air Force Colonel Joe Engle will pilot the space shuttle Columbia for its second launch, scheduled for October.

Captain Truly became an astronaut in 1969 and is a native of Fayette, Miss. Colonel Engle is from Chapman, Kans., and joined NASA as an astronaut in 1966.

The second orbital flight of Columbia will last five days. Fuel tanks and boosters were attached to the shuttle

on Aug. 12. On Wednesday of this week the shuttle was moved three-and-a-half miles at a rate of one-and-a-half miles per hour to the launch pad at Kennedy Space Center, Fla.

Columbia will end at Edwards Air Force Base, Calif., upon completion of the orbital flight.

As on the first flight, Naval Station Rota, Spain, is designated as a trans-Atlantic abort landing site as part of contingency plans.

NSLI policy loan interest increased

The annual interest rate charged by the Veterans Administration on National Service Life Insurance (NSLI) policy loans has been increased to 11 percent, effective on all loans approved on or after July 29, 1981.

Coverage by NSLI was provided service personnel on active duty from Oct. 8, 1940, through April 24, 1951. Those who converted this World War II coverage to a permanent plan may obtain loans up to 94 percent of the cash value of their individual policy. In fiscal year 1980, VA made about 96,000 loans on NSLI policies.

The July 29 change does not affect the loan interest rate on United States Government Life Insurance (USGLI) policies. VA pointed out interest rates on USGLI policies, which were extended to military personnel who served between May 1919 and April 1951, are set by law.

The loan interest rate on NSLI policies was increased to 5 percent in

1971. Since that time, other investments made for the insurance trust funds have yielded increasingly higher earnings and dividends for policy holders. The increased interest rate will permit earnings on policy loans to become comparable with other investments.

For further information veterans should contact the local VA regional office, a veterans' service representative, or the local county service officer.

Benefits for disabled

Q—I am currently rated 40 percent service-connected for my disability by the Veterans Administration, and I recently got married. Can I get additional money by claiming my wife as my dependent?

A—Veterans who are rated 30 percent or more receive additional funds for dependents. Contact the nearest VA office for details.

On fence re getting out? Check Uncle out again

If you have made the decision to separate from your service, or if you are "on the fence" and don't know which way to leap, consider the following questions before you make your final decision.

If you cannot answer "yes" to at least half of these questions about a very important aspect of life after you leave service, could be you have overlooked some pretty positive factors right where you are.

Will your new employer—

—Guarantee continued employment if you meet his standards? (This includes no layoffs in favor of senior people.)

—Give you a tax-free allowance for quarters, or furnish quarters free?

—Furnish free health and accident insurance and provide full pay if you are unable to work—regardless of the length of your illness?

—Provide free dental care for you?

—Give you 30 days paid vacation a year, with meal allowance, starting with your first day of employment?

—Give you low-cost life insurance that requires no physical examination?

—Give you a tax-free clothing allowance? (Most companies have a uniform or suit requirement.)

—Provide an interest-free loan in case of an emergency?

—Provide free legal advice?

—Help you pay in advance for college or trade school?

—Provide a pension for life in case you are disabled?

—Pay you a bonus for staying with the company?

—Provide free survivor benefits to your family if you are killed on the job?



—Provide free air travel during vacations or reduced commercial air fare if you are transferred?

—Provide low-cost recreational facilities or, even better, free swimming pools and gyms?

—Operate for your convenience a discount grocery, drug store, service station, cafeteria, barber shop, beauty parlor, dry cleaners, tailor shop?

—Guarantee retirement pay for life after 20 years of service with the company, regardless of your age at the time?

Even though you are confident that you will find a dependable civilian employer and you might expect cash pay to be higher than the cash pay you receive now, are you quite certain the difference in cash pay can make up for even half of the above non-cash benefits of military service?—from an article by MSgt. J. R. Howell, Minot AFB, N. D.

Buck Foundation helps ex-GI reunite with half-Asian daughter

In 1971 a young soldier of the United States Armed Forces stationed in Thailand was suddenly transferred. As military orders transported him, a Thai woman was left without her man, an unborn child was left fatherless, and a young American soldier was left with a memory. This was a fairly typical situation except that this young man never forgot. Years later after he had returned to America and married and had two other children, he decided it was time that his half-Asian daughter be brought home—away from an Asian culture where her "differentness" was a curse. Without a father she was a non-person in Thailand, and education, jobs, and social acceptance would be impossible. Her American heritage denied her Thai birthrights and unless her father declared paternity, that same American heritage was ignored by the U. S. Government.

Now this Vietnam War veteran needed help to find his half-Asian child. So he contacted The Pearl S. Buck Foundation Headquarters at Green Hills Farm in Bucks County, Pa. The late Nobel prize-winning author Pearl Buck founded the foundation in 1964 to care for the half-American, half-Asian children abandoned all over Asia. She called these children Amerasian and said of these innocents "... they are the children of our brothers, sons, and sometimes our husbands." The Pearl S. Buck Foundation is the only agency that exists solely to care for the thousands of Amerasian children who live in

Asia in dire poverty and prejudice. But often times a special problem arises—like this little girl whose father wants her to have the American opportunities she deserves. So foundation officials started searching and after a year, the Thailand office called headquarters in Pennsylvania. They had found her, and father and daughter began heartfelt, frequent correspondence. As their relationship bloomed, another well-spring of love emerged—two mothers—one who loved enough to give up her child, and one who loved enough to take her husband's child as her own.

Last month—10 years after the birth of this child of two worlds—a flight from Thailand brought her to Los Angeles airport. NBC was there (they will air the story in September with David Brinkley on NBC Magazine) and so a crowd gathered. Dr. Robert W. Bohl, Chairman of the Board of The Pearl S. Buck Foundation stood waiting with the man, his wife, and his two children. Emotions were high. At last PAN AM Flight No. 2 landed. The doors opened and a uniquely beautiful child with brilliant eyes solemnly descended the ramp and approached the father she had never seen. In the Thai gesture of greeting, with her hands positioned at her chest, as in prayer, this 10-year-old link of two cultures bowed before her father. The bustling air terminal activity seemed to cease, and there were few dry eyes.

Another American victim of war had made it home.

-- AND EDUCATION

New VA head vows 'solemn obligation'

Robert P. Nimmo, a California legislator and rancher, was recently sworn in as the eleventh Administrator of Veterans Affairs.

The 59-year-old former World War II bomber pilot became head of the Veterans Administration—the government's largest independent agency—after having been confirmed by the Senate July 10.

Speaking of Vietnam-era veterans, he said: "While the vast majority of those veterans have successfully integrated themselves back into our working society, there remains a substantial number suffering from real or perceived illnesses for which we are still struggling to find effective diagnostic and treatment techniques."

"That struggle must continue on an expedited basis until every veteran can feel confident that his country has met its commitment to him or her, that his or her illness or disability has been accurately diagnosed and properly treated."

He added: "Among our more than 30 million veterans are more than 15 million who probably will never place a demand on the VA system."

He further said: "The President and this Administration regard as a solemn obligation the proper delivery of first-class medical care and other authorized benefits to every eligible veteran."

The Veterans Administration administers programs that provide monthly compensation payments to more than 2.3 million veterans with service-connected disabilities. Pension payments are sent monthly to approximately 878,000 wartime veterans and 989,000 survivors.

Nearly 773,000 veterans receive education benefits under the GI Bill, which has trained approximately 18 million veterans since World War II.

The VA operates a vast, nationwide medical system of 172 hospitals, 226 outpatient clinics and 92 nursing care homes. It will treat an estimated 1.3 million inpatients in the current fiscal year and there will be an estimated 18.6 million outpatients during the same period.

The agency also operates, throughout the country, 108 national cemeteries under its Department of Memorial Affairs.

Nimmo's background includes duties with the California State Military Department and additional active duty service with the 7th Infantry in Korea during the Korean Conflict.

He was elected to the California State Assembly in 1972, and to the State Senate in 1976, retiring in 1980 to his home in Atascadero, Calif.

Department of Defense



HUMAN GOALS

Our nation was founded on the principle that the individual has infinite dignity and worth. The Department of Defense, which exists to keep the Nation secure and at peace, must always be guided by this principle. In all that we do, we must show respect for the serviceman, the servicewoman and the civilian employee, recognizing their individual needs, aspirations and capabilities.

The defense of the Nation requires a well-trained force, military and civilian, regular and reserve. To provide such a force, we must increase the attractiveness of a career in Defense so that the service member and the civilian employee will feel the highest pride in themselves and their work, in the uniform and the military profession.

THE ATTAINMENT OF THESE GOALS REQUIRES THAT WE STRIVE

To attract to the defense service people with ability, dedication, and capacity for growth;

To provide opportunity for everyone, military and civilian, to rise to as high a level of responsibility as possible, dependent only on individual talent and diligence;

To make military and civilian service in the Department of Defense a model of equal opportunity for all regardless of race, color, sex, religion or national origin;

and to hold those who do business with the Department to full compliance with the policy of equal employment opportunity;

To help each service member in leaving the service to readjust to civilian life; and

To contribute to the improvement of our society, including its disadvantaged members, by greater utilization of our human and physical resources while maintaining full effectiveness in the performance of our primary mission.

Emergen
Chief of Staff, U.S. Army
James H. Hagood
Chief of Staff, U.S. Air Force
Robert H. Bann
Commandant, U.S. Marine Corps

John D. Marsh, Jr.
Secretary of the Army
John L. John
Secretary of the Navy
James O. ...
Secretary of the Air Force
May 18, 1981

Supade ...
Secretary of Defense
Frank ...
Deputy Secretary of Defense
David C. Jones
Chairman, Joint Chiefs of Staff

Correspondence school may be trap

By Cmdr. W.E. Byman

The desire for self-improvement, enhanced by the prospect of a profitable skill, prompts many military members and their families to answer advertisements for correspondence schools. Many legitimate correspondence schools do exist; however, many more "schools" are of little value or are outright frauds.

The promise of an "exciting, high-paying job" is the typical lure of the fake correspondence school. Generally, the victims are people who have little education and who are desperately trying to improve their economic situation. They are easy prey to the "sales pitch" that the school can "guarantee" them a job in such careers as computer programming, airline mechanics, U. S. Civil Service, nursing or electronic repair work.

One scheme led women to believe that they could become licensed practical nurses if they enrolled in a particular correspondence course. While the students receive impressive-looking diplomas, testimony during trial of the school's promoters proved that adequate nursing skills could not be learned through correspondence training alone.

The fraudulent correspondence school will accept almost anyone willing to sign a contract. Total payments can range from \$400 to \$1,000. There are few "dropouts"—from a financial perspective—in the phony correspondence school. For example, if an enrollee realizes the courses are of little value or simply loses interest and stops making the monthly payments, he or she may receive a letter like the following:

"When you decided to prepare for a career in interior decorating, you promised our field canvasser that you would make your monthly payments promptly. When you signed your name to the contract and promissory note, you entered a legally binding contract to make your tuition payments on time. We dislike bringing suit, but..."

It only makes sense to do some investigating before you enroll in any correspondence course. You should check with employees in that particular field to determine the possible value of the course or contact the local Better Business Bureau. You may also write to the Bureau of Higher Education, U. S. Office of Education, Washington, D. C. 20202 for information. To play it safe, have your legal officer inspect the contract before you sign your name on the dotted line. (NES)



Severely injured patient (Continued from Page 1)

decision, also took therapy daily at the hospital there and worked part-time in the Maintenance Control Section of the air base. Additionally, she managed to accomplish most of her housework from a wheelchair and began to settle into normal routine.

Things were not working out completely the way she had hoped, however. Her marriage was in trouble and she soon realized that she had to face still another amputation—this time the emotionally painful one of divorce.

Nearly a year has passed since that fateful day in Munich and almost every day brings a change in Cindy's lifestyle. Now medically retired from the Air Force, she draws a pension and is making a temporary home with her father in Rio Linda, a suburb in Sacramento.

She walks confidently with the aid of crutches and will soon begin driving

a car with hand controls. She visits friends and family, attends social events, and recently enjoyed a reunion with former classmates of Oakmont High School in Roseville, Calif., near her hometown of Loomis, a small village in California's gold country.

Following graduation from high school she completed one term at the University of Alberta in Canada, then joined the U. S. Air Force in May 1978. After basic training at Lackland Air Force Base, Tex., and technician school at Kessler Air Force Base, Miss., she was sent to Germany where she worked as a radio relay equipment specialist. Military service earned her a Unit Commendation Medal and a plaque from her command in Germany recognizing outstanding service.

In the early days following the bombing incident, the Air Force brought a couple of members of her

immediate family to Germany to be with her, and American military personnel and their families turned out en masse to give her a warm welcome when she was flown to the Weisbaden hospital.

"Everyone in the Munich hospital was also wonderful to me," she recalls, "and the (West) German government did so much for me and my family. There is no way that I can explain how great everyone has been. They have really kept me going. That's why I have faith in humanity again."

Navy physicians and therapists who have worked with her over the months all speak of her high spirits and cooperation throughout the long period of treatment and rehabilitation.

"I feel more whole now than before it (the accident) happened," she says.

"The main advice I have for others is: don't ever give up! That's the main thing. As long as you have your mind, you have everything. There is some reason why I'm still here. I must be something special—I still have a job to do. It certainly will make my day—and my life—if anything good comes to others from my ordeal."

After a little more recuperative time, Cindy has plans to travel, then return to school to study agriculture, biology, and possibly, veterinary science, as she loves both domestic and farm animals.

The principal Navy orthopedist assigned to her care predicts that she will eventually be able to swim, golf, hike, and once again ride her horse. "Her overall recovery is good," Lieutenant Commander Mark M. Lau said, "and I see no reason why, in time, she can't pursue full employment and live a normal life."

One day at a time, one step at a time, Cynthia Peterson Fox is nearing that goal.



Now an outpatient, Cynthia Fox returns to Oak Knoll for fitting of a new left below-knee prosthesis by Andre Gilmore, a hospital technician who is himself an amputee.

(Photo taken May 1, 1981)



After three or four steps, the walking gets easier and Cynthia shows more confidence.

(Photo taken May 1, 1981)



She starts up a flight of stairs without fear.

(Photo taken July 1, 1981)



The technician makes a final adjustment to a thigh lacer as Cynthia stands for the first time. (Photo taken May 1, 1981)



Unaided, the patient, a little frightened and insecure, grips the handrails tensely as she takes her first step.

(Photo taken May 1, 1981)



Two months later and Cynthia "toes the line" without any problems.

(Photo taken July 1, 1981)



And keeps the smile in place for the downward trip.

(Photo taken July 1, 1981)

Friday, September 11, 1981

On the recovery path



HM1 Chris Whitehead of NRMCO Oakland's Physical Therapy staff gives approval as Cynthia Fox demonstrates how well she can pedal with her artificial limbs. Petty Officer Whitehead has worked with the patient regularly over her long period of rehabilitation.

(Photo taken July 1, 1981)

**All photos of Cynthia Fox
by
HM1 Garry Silk
and
HM2 David Wm. Hershenzon**

VA studies attack aging

Juan Ponce de Leon could not find the fountain of youth though he searched throughout Florida. Poor man. He was ahead of his time and he was using the wrong map.

Today's seeker would do well to set his sights on California and the Wadsworth Veterans Administration Medical Center where Dr. Takashi Makinodan's work in immunology and aging is taking place.

As Wadsworth's director of Geriatric Research Education and Clinical Center, Makinodan is a leader among those explaining the process of aging and finding ways to retard its progress. The affable scientist says, "The VA's the place to be. It is a pacesetter in geriatric research."

While he has not yet found the fountain of youth, Dr. Makinodan is close enough to hear its splash. In fact, no longer are his test tubes filled with animal cells. Now it is human blood cells he is studying, the "first step" toward seeing if his successful experiments with laboratory mice will be of benefit to mankind.

The aim of his research, Dr. Makinodan says, is not to extend life as such, but to extend one's productive life—to make the middle years better, longer. Otherwise, he says, we will continue to fill nursing homes as the body's immune system breaks down.

The immune system is composed of a network of organs throughout the body, including the bone marrow, thymus, spleen, and white blood cells known as lymphocytes.

While working at the Oak Ridge National Laboratory in Tennessee, Makinodan became intrigued with aging.

"I was dealing with radiation and its immediate effects on humans. That led to thinking about long term effects, which made me realize very little was known about the aging process," he says, adding, "so, I decided to look into it."

As to the future, Dr. Makinodan will focus on the underlying bases for infectious diseases and how to increase immunity among the aging.

MED • SCAN

A quick look
at recent health care
developments

Medical science marches on: One of the more recent afflictions discovered and cured by a research-minded physician is "dog-walker's elbow." As reported in the *New England Journal of Medicine*, the sore elbow was a result of Hogan, a black Labrador, straining at the leash while his physician-master held it with his arm fully extended. A temporary cure was found by switching the leash to the other arm. A permanent cure was found by the physician inviting his wife to accompany him and Hogan and encouraging her to hold Hogan's lead. By the way, these are the same folks who brought us news of "Hooker's Elbow," a malady caused by ice-fishermen jerking, straight-up, their catches, and "Musher's Knee," a disease suffered by dog-sled drivers who kick backwards to help their dogs.

The news media gave the public the impression last year that interferon was the "Magic bullet" which would miraculously cure cancer. Now, after a year of speculation, preliminary results of clinical trials are in. As reported by the *Journal of the American Medical Association*, the results are mixed. Researchers have found that interferon does have an anti-cancer effect, but not as great as that of other well-developed drugs. In trials against several types of cancer there were varying degrees of effect, ranging from zero percent to 40 percent in tumor shrinkage. One cancer society-sponsored trial, on 26 patients with breast cancer, in four hospitals, found evidence of some tumor shrinkage in 11 patients. One theory of how the drug works is that it triggers key elements in the body's immune system. Several problems face researchers: What is proper dosage? How should interferon be combined with other drugs and therapies? How can consistency in the product be achieved? Unfortunately the drug is still in short supply. **At the first annual International Congress for Interferon Research** there were stories of a black market in the drug and of a wealthy cancer patient offering researchers \$500,000 for the therapy. Production methods are currently the biggest bugaboo. Human tissue—usually infant foreskins—is presently being used as the "raw material." Perhaps the greatest hope for obtaining pure interferon is in recombinant DNA techniques.

Measles may be going the way of smallpox at least in America. The Center for Disease Control, in Atlanta, Georgia, hopes that by 1982 the childhood disease will be conquered through immunization. For the first six weeks of 1980, 704 cases were reported. For the same period this year only 212 cases have been reported. As the immunization level continues to rise in pre-school and school-age children the cases reported to the CDC should continue to drop off. **At the present time middle and high school youngsters are at greater risk** than younger children because the less-effective killer vaccine was used before 1967.

Sherlock Holmes did it, so did Freud. Snort coke that is. Today's trendy affluents, mistakenly convinced that cocaine sniffing is a harmless diversion, are doing it too. Unfortunately many of them are discovering that they suddenly need a nose job—not to be more beautiful but simply to keep their faces from collapsing. Prolonged use of cocaine, a powerful vasoconstrictor (narrows blood vessels), cuts off the blood supply to the mucous membranes and cartilage, which then get eaten away. The result sometimes is a hole in the cartilage of the nose ranging from dime-size to a quarter. *MD* magazine points out that there are at least 15 ways to treat this problem. One of the more popular is the insertion of a silicone device called a yo-yo, a soubriquet probably earned because a good sneeze will frequently dislodge it.

Everybody's stomach rumbles once in a while—but not many have explosions! The *Chinese Medical Journal* reported recently on physicians who decided to quit fooling around with bladder stones and took the direct route. **They inserted what they cryptically identified only as a "microbomb" into the bladder and then detonated it.** Blew the bejabbers out of the stones. The small pieces which were left were passed relatively easy. The stoic patient reported only a feeling of shock waves. The Chinese said that the bladder walls were unscarred. **The Germans** on the other hand tried a subtler approach and **sneaked up on a patient's stones with shock waves.** A technological newsletter published in Bonn reported that physicians used underwater shock waves, precisely focused on the exact spot where the patient's stones occurred. The shock waves, generated by short electrical sparks in the tub where the patient sat, crushed the stones to a sand-like consistency.

American high school seniors smoke less than their older sisters and brothers, but their alcohol consumption hasn't tapered off, according to a report carried in the *American Journal of Public Health*. Cigarette use among seniors reached a peak in 1976 and 1977 and is now trending downward. The report drew its conclusions from studies on the smoking, drinking and drug habits of students in 115 public and 15 private high schools during the spring of each year from 1975 to 1979. Although cigarette smoking among seniors overall is down, girls now smoke more than boys—the number of girls smoking a half-pack or more a day is greater proportionately than boys. Alcohol use in high school did increase slightly during the late 70s. Two thirds of senior girls and more than three fourths of the senior boys reported some use during the preceding month. Another worrisome figure shows that **52 percent of the boys and 31 percent of the girls indicated in 1979 that they had taken five or more drinks in a row within the preceding two weeks,** which is an increase of four percent over 1976. There is the suggestion in the studies that marijuana use has peaked for seniors, but that cocaine use is rising rapidly. Not surprisingly, drug use is below average among seniors with strong religious sentiments or conservative political views. And, of course, the bigger the city the greater the exposure to all drugs.

For a real miracle drug take aspirin. The list of conditions that aspirin helps seems to be endless. From headache to a sprained ankle, rheumatism to insomnia, the drug of choice frequently is aspirin. Now another ill has been added to its list: cataracts. *Geriatrics* magazine carried a report of a paper read to the American Academy of Ophthalmologists. A physician studied four groups of patients, all of whom had rheumatoid arthritis: Diabetics and non-diabetics who had been taking aspirin regularly for rheumatism for 10.4 years and 2.3 years respectively. And diabetics and non-diabetics who had not been taking aspirin routinely. Of the first two groups only two of the eight diabetics and four of the 25 non-diabetics had cataracts. But of the second two groups, who had *not* been on a regime of aspirin, seven of eight diabetics and six of eight non-diabetics had cataracts. **Apparently aspirin slows formation of body chemicals that cause cataracts, but it will not reverse them.**

PEOPLE MAKE NEWS

CIC technician is August SOM

Hospital Corpsman Second Class Martin W. Geer, a transplantation technician presently assigned to the Hemodialysis Unit of the Clinical Investigation Center, is NRMC Oakland's Sailor of the Month for August.

"I feel very honored to be chosen for this award," he said. "I have been proud to do a good job for the people I work with and my patients. It has been a very fulfilling experience."

Petty Officer Geer, 23, enlisted in the Navy following graduation from high school five years ago. He has been assigned to Oak Knoll for the past two-and-a-half years, and is a graduate of Corps School and Transplant school.

At present he is considering possible reenlistment under the physician's assistant program, or may explore chiropractic medicine.

During his assignment here, the technician has been involved in many command-sponsored sports, including coaching the women's basketball and softball teams, serving as referee, and playing men's softball, football and basketball. He also enjoys water skiing and riding horses.

Originally from Shirley, Ark., he and his wife Sandy make their home in quarters on base.



HM2 Martin Geer

Medical Corps detailer visits

Lieutenant Commander W. J. Matz, one of the Medical Corps detailers with the Navy Military Personnel Command, visited Oakland Aug. 31-Sept. 1 to meet all interns, senior medicine and pediatric residents, and general medical officers anticipating orders.

A group meeting was held with all interns on Aug. 31. Individual appointments were scheduled later that day and the following one with other staff medical officers.

USS Hill assists injured seamen

Crewmembers of USS HARRY W. HILL (DD986) recently came to the aid of two seamen injured aboard a merchant ship while transiting the South China Sea.

HMC R.E. Moore and the crew of the HARRY W. HILL motor whaleboat, led by ENS Steve Maloney and BM2 Chris Ledford, made their way through rough seas to SS NORDSTAR which had sent out a request for emergency medical assistance. After boarding NORDSTAR, HMC Moore administered treatment. The injured crewmen remained aboard the merchant ship after their condition was stabilized.

The San Diego-based destroyer is presently serving as flagship for RADM H. C. Schrader, Jr., Commander, Cruiser Destroyer Group One.

Classifieds

HOUSESITTER

Will live in and watch over your property while you vacation without worry. I'll water your plants and yard, feed your pets, gather your mail, etc. Call Joan Gremillion, Ext. 2597, or 483-0408 evenings.

FOR SALE

1981 Yamaha 250 (street). Excellent condition, low mileage. \$945 includes cover. Call John, Ext. 2157.

Kudos.....

CIVILIAN LENGTH OF SERVICE AWARDS

Henry Kissell, Data Processing, 35 years.

Ellis Harris, Food Service, 30 years.

Mary Anderson, Operating Management (Telephone Office), 25 years.

Ruby Allison, Clinical Investigation Center, 25 years.

Bernita Sherrard, Food Service, 20 years.

Eugene E. Armstrong, Housekeeping, 15 years.

Lula Mae Sanders, Laundry, 15 years.

Naomi M. Maxies, LVN, Nursing Service, 15 years.

Hedy R. Goddard, Medical Clerk, Nursing Service, 15 years.

Ruth Riggins, Laundry, 15 years.

LETTERS OF COMMENDATION

Dental Technician Second Class Thomas Calimlim

Mr. John Sesto, formerly of Supply Service

Lieutenant Pamela G. Krah, Medical Corps

Lieutenant Bryan O'Neill Barnett, Medical Corps

Commander Hudson B. Price, formerly of Comptroller Service

Hospital Corpsman First Class John Benne, Laboratory

Dental Technician Second Class Joanne Hershenzon

BM2(DV) Charles Smith from Commander, 12th Coast Guard District.

HM2 Lee Bradford, now detached.

CERTIFICATE OF APPRECIATION

Hospital Corpsman First Class Barbara Heep

LETTERS OF APPRECIATION

Lieutenant Commander Kathleen Ann Renkiewicz, Nurse Corps
Captain Donald D. Hutchings, Medical Corps

Hospital Corpsman Third Class Deanna Patton, Recovery Room

Commander Kenneth Kelleher, Medical Corps

Dental Corps LCDR Bruce Pope, now detached.

DT3 Jill Montez, now detached.

HM3 Bonita Ela, now detached.

HM3 Noel Manoloto, Hypertension Clinic.

PROMOTIONS

To Lieutenant (junior grade), Nurse Corps, Laura Wotowic and Deborah Driscoll.

To Lieutenant, Nurse Corps, Stephen Stewart

ADVANCEMENTS

To Hospital Corpsman Third Class Linda Ramsey, Jeffrey A. Fye and Teresa E. Rucker.

GOOD CONDUCT AWARD

Hospital Corpsman Third Class Robert K. Wettlaufer, Jr.

REENLISTMENT

Chief Hospital Corpsman Herman Glatzer, OOD's Desk, Operating Management.

RESIDENCY CERTIFICATE

Medical Corps LCDR Roger Sheffield in Surgery.

Comings and Goings-----

"Fair winds and following seas" to following personnel who have detached the command.

LCDR Lanny Rinard, MSC, to NBRL, NSC Oakland.

LCDR Roger Sheffield, MC, to Subic Bay.

LCDR Bruce Pope, DC, released from active duty.

DT3 Jill Montez, released from active duty.

LT David Roberts, MSC, released from active duty.

HM2 Lee Bradford, released from active duty.

HM3 Bonita Ela, to Aerospace Medical School.

HM3 David L. Ott, released from active duty.

HM1 Mary Ramsey, to Naval School of Health Sciences, San Diego.

HM3 David F. Donnell, released from active duty.

HM3 Laurel Gates, released from active duty.

HM3 William Baldwin, Naval School of Health Sciences, San Diego.

HA Kerry L. Stevens, released from active duty.

HN Mark Charneski, released from active duty.

HN Esther McIrvine, released from active duty.

HM2 Arturo Excajeda, released from active duty.

HM3 Joseph Lytle, released from active duty.

HM3 Deanna Evensen, NADC Warminster, Pa.

LT Nancy Newkirk, NC, released from active duty.

"Welcome aboard" to newly arrived.

LCDR Robert Felton, MSC, Laboratory.

LT Gerald Nelson, MC, OB/GYN resident.

LT Jeffrey Kezlarian, MC, Psychiatry resident.

LT Robert Prophete, MC, indoctrinee to Guam.

ENS Fred Harrington, Clinical Clerk.

LT Daniel Brooke, MC, Orthopedic resident.

LT Patricia Wood, NC.

CDR Calvin Pollard, MC, ACDUTRA.

ENS Bill McDaniel, Clinical Clerk.

Mr. Hank Reemers, Contracting Officer (civilian).

CDR Douglas Cox, CHC.

Lt. Robert Morrison, NC.

LCDR Albert Saleker, MSC, Podiatry resident.

LT Timothy Bischoff, MC, Psychiatry resident.

ENS Mark Boman, MSC, Military Manpower.

ENS Leonard Johnson, Clinical Clerk.

ENS Nancy Fuller, Clinical Clerk.

ENS Eric Sover, Clinical Clerk.

HA Richard Kline, Military Manpower.

HM3 Brian Faucett, Operating Management.

HA Carlos Yu, Nursing Service.

HA Arnello Pareja, Nursing Service.

MMCS Richard Hunt, Operating Management.

HM2 Michael Mills, Medical Repair.

HM2 Shawn Mason, Pharmacy.

HN Linda Pinkus, Nursing Service.

HM2 William Wright, Cardiopulmonary Lab.

HM2 Thomas McBride, Cardiopulmonary Lab.

HM3 Debra Henderson, Hypertension Clinic.

HN Dale Mensing, Nursing Service.



LCDR Robert Felton

Friday, September 11, 1981

SPEAKING OF HEALTH CARE

Scientists at work on 'Agent Orange'

A group of scientists and veterans' representatives who met last month in Washington to advise the Veterans Administration on dealing with the Agent Orange controversy was asked to speak out to help veterans and the news media understand what is known about the subject.

Robert P. Nimmo, new head of VA, made the request in his opening remarks before a meeting of the Advisory Committee on the Health-Related Effects of Herbicides.

In remarks recorded earlier, the Administrator of Veterans Affairs said: "Obviously the many studies now underway need to be completed before we have all the answers. But it seems to me as a layman that you already have established a solid basis for correcting some of the misinformation that continues to be circulated."

Scientific studies related to Agent Orange discussed by the Advisory Committee included:

- * an epidemiological study designed by the University of California at Los Angeles School of Public Health.

- * an analysis of world literature related to herbicides being conducted by an independent contractor;

- * a study of birth defects underway at the Center for Disease Control in Atlanta, and

- * a follow-up study of the health of

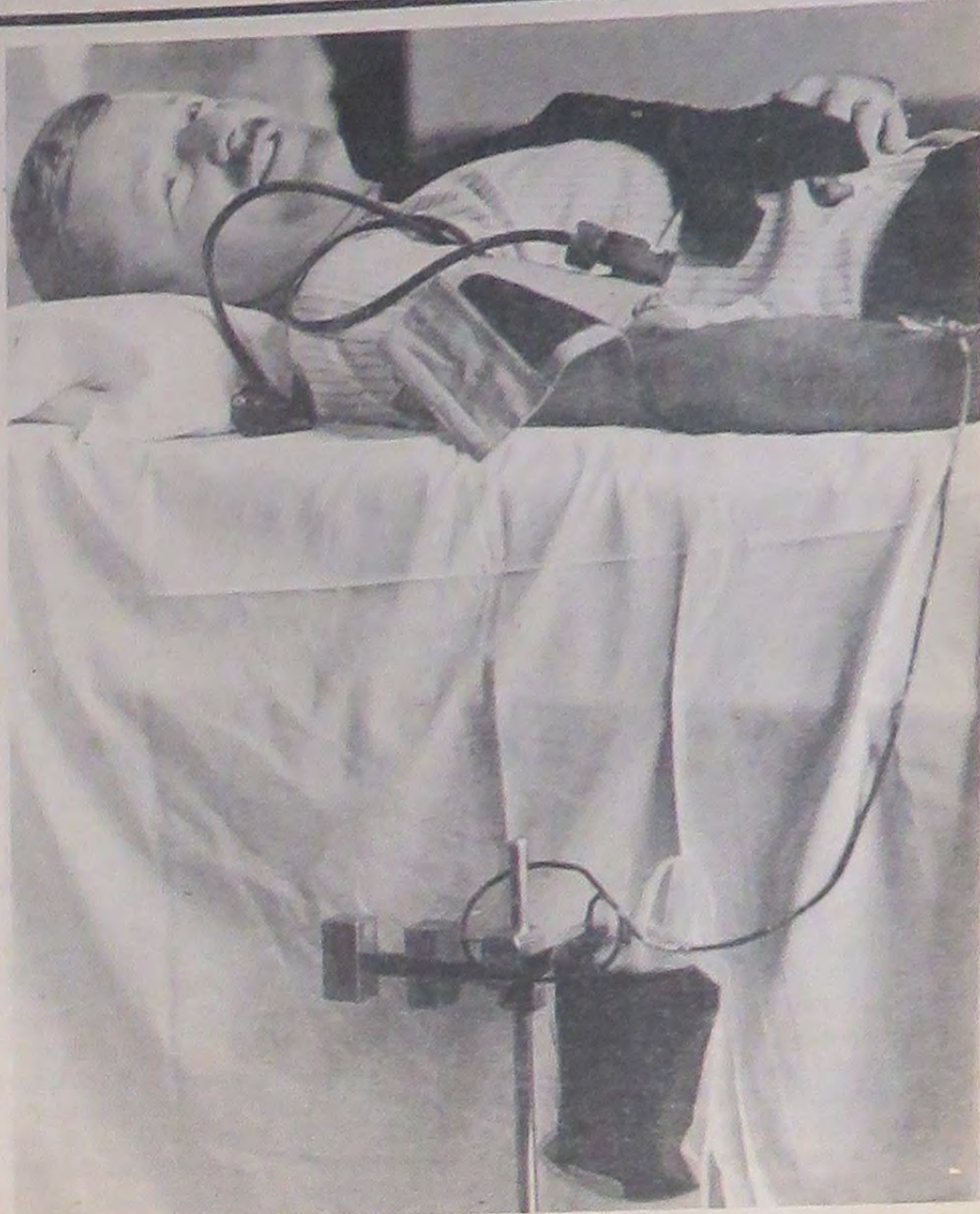
some 1,200 air crew members who received extraordinary exposure to Agent Orange and other herbicides during spraying operations in Vietnam.

According to Nimmo, "the emotional issue of Agent Orange is by far the most frustrating problem I am facing in my new role with the federal government."

He added: "I wish the facts were available that would allow reasonable people to say that exposure to Agent Orange in Vietnam does not have a direct cause and effect relationship to the current and future health of veterans, or that the facts would let us, in good conscience, reassure those veterans and their families that they have nothing to fear from that experience."

Nimmo also told his advisors: "the Veterans Administration is completely dependent on the scientific community for our course of action. In all areas the VA deals with medical problems on the basis of the latest validated information. We have no independent position on Agent Orange."

He concluded: "There are many people who are sincerely and deeply concerned about Agent Orange who could get a measure of relief from anxiety by knowing the facts and perspectives you can provide."



BLOOD DONOR—Marine Corps Captain Steve Aday smiles as he gives the last few drops of blood to make a pint donated to Naval Regional Medical Center Oakland during a blood drive at Naval Postgraduate School Monterey on Aug. 25.

(Photo by JO2 John H. Scott)

Diving research facility dedicated

The U.S. Navy's Hyperbaric Research Facility was recently dedicated at the Naval Medical Research Institute, National Navy Medical Center, Bethesda, Md.

It is now the Navy's deepest living facility with a capability of simulating depths equivalent to 3,400 feet of sea water.

The Navy's needs for a deeper, longer diving capability requires biomedical support to provide critical information regarding the physiological and psychological capabilities of the diver for safe, productive diving.

The facility is dedicated entirely to research in hyperbaric medicine and physiology and is the Navy's lead

facility in this field. As part of the Naval Medical Research Institute (NRMI), personnel of the Hyperbaric Research Facility collaborate with other NMRI staff in all phases of medicine and physiology related to hyperbaric research.

The facility is named for Captain Albert R. Behnke, Jr., MC, USN (Ret.), who was a leader in Navy diving for many years and served at NRMI during World War II as officer in charge of its Experimental Diving Unit.

Rear Admiral D.M. Smith, Director of the U.S. Navy's Deep Submergence Program officiated at the July 1 ribbon-cutting. (From BUMED Command Bi-weekly Activities Report)



PRACTICAL TRAINING—Army Specialist Five Amryl Garvin of Oakland Army Base operates an audiometer testing the hearing of her fellow student, Coast Guard Hospital Corpsman Second Class David M. Bonachea of the Concord Branch Clinic. The two were among those attending the recent three-day occupational hearing conservation course sponsored by the Department of Otolaryngology and Maxillofacial Surgery at Naval Regional Medical Center Oakland.



ON THE WAY—Personnel from Oak Knoll's Laboratory Service carry the Naval Postgraduate School blood collection to a waiting helicopter.

(Photo by JO2 John H. Scott)

Dr. Mendez diagnoses problem

Medical Corps Commander Prudencio Mendez, Jr. correctly diagnosed the problem from the following case history posed by the X-ray Department in the second of a series of "What's the problem?" contests.

In addition to the X-ray, clues presented were: The patient has a long history of problems with reflux. One complication of reflux esophagitis is the formation of Barrett epithelium (replacement of the normal squamous epithelium with a metaplastic epithelium) which can lead to the formation of adenocarcinoma. In this case there is an asymmetric narrowing of the distal esophagus with a mass which is ulcerated. Furthermore, the ulcer is within the projected lumen of the esophagus.



DIAGNOSIS: The patient has adenocarcinoma of the distal esophagus.

WITH THE FAMILY



CORPSMAN-GRANDFATHER—HM3 James Kimes, 38, assigned to the Third Marine Division, Okinawa, poses with his wife Jamie (left), daughter Cheryl Sanders, and the new family addition—James Howard Sanders, named after his maternal grandfather and paternal great grandfather. The baby was born here Aug. 13, and weighed in at 5 lbs. 13 oz. Great grandparents are Loren and Evelyn Kimes of Ukiah, Calif. and Howard and Alata Atchley of Huntsville, Ala. Petty Officer Kimes and his wife are parents of three other daughters.

Military now takes priority on US-subsidized housing

Housing Referral service has some great news! In the past, military personnel have applied for federally subsidized housing in the Bay Area and waited—and waited—and waited. Most times, they had already accepted government quarters or signed a lease or even been transferred out of the area before their name came to the top of the long waiting list.

Recently this situation changed dra-

matically, for the better! Now military personnel will be given priority placement on waiting lists for some Federal subsidized housing.

Units are available for 1, 2, 3, and 4 bedroom qualified. Rents will never exceed 25 percent of your income.

For applications and information, see the Oak Knoll Housing Referral counselor or call NAS Alameda, telephone 869-2065 or 2066.

Hint for saving travel bucks

According to the U.S. Travel Data Center, the average cost of a hotel or motel room with double beds now exceeds \$40. For the traveling service person—whether on leave, or traveling under permanent-change-of-station or temporary-assignment-duty—the best solution for beating this high cost of living is to take advantage of the vacant, base/guest housing on a military installation.

There are more than 9,000 rooms available to active duty and retired service members and their families, that offer a possible savings of \$15 to \$20 a night.

If no military facilities are available, seek a civilian hotel/motel that offers a military person 10 to 50 percent off the cost of an overnight stay.

Each year, the Military Travel Guide (MTG) surveys all major military installations and more than 20,000 civilian hotels and motels that offer military discounts.

The guide was begun in 1969 by a group of service wives. This 200-page book covers all U.S. military facilities as well as those in 24 foreign countries. MTG can be obtained in most exchanges or by writing to: MTG, P.O. Box 9654, Washington, D.C. 20016.

Auxiliary welcomes newcomers

The NRMC Officers' Auxiliary held its first event of the season, a welcome-aboard luncheon on Wednesday of this week at the Officers' Club on base.

Attendees enjoyed punch in the courtyard, followed by a seafood luncheon in the ballroom.

Rear Admiral Walter M. Longergan, medical region commanding officer, welcomed new spouses to the command.

Speaking on bargain hunting in the Bay Area was Sally Socolich.

Other activities planned for the club year included: Oct. 21—luncheon speaker, Missy Chavez, on "How to be the Wife of a Happy Husband;" Nov. 13—arts and crafts bazaar; Dec. 9—cooking demonstration; Jan. 13—wine and food tasting dinner; Feb. 6—casino night; Mar. 10—assertiveness training; Apr. 23 (or 24)—art auction; May 12—TV studio visit; June 9—farewell luncheon.

the Military Family

Question: What shall I look for in selecting television programs for my children's viewing?

Reply: As we pointed out in the first half of this discussion, you must, as a parent, continually monitor TV your child has access to and evaluate it. If you don't feel right about a certain program, think it over. There's probably a good reason why you object to it for your child.

Judging TV programs is not easy. For this reason we set down some guidelines in the first half of our discussion—

—Is the TV show at your child's age level or approximately so? and
—Does the program strengthen proper standards and principles leading to favorable conduct and behavior?

Some additional guidelines you may find helpful follow.

—Does the program strengthen proper standards and principles leading to favorable conduct and behavior? There are issues beyond violence and aggression depicted on television which enter into character development. Topics such as kindness, respect, sharing, friendliness, good sportsmanship, honesty, motivation, coping, problem solving, patience and helpfulness are just a few subjects dealt with on TV which enter into personality formation.

Most shows of non-violent nature are neither good nor bad in this regard. They make little impact. What a shame! What a lost opportunity!

Public Broadcasting has made major strides in this regard. "Mr. Rogers' Neighborhood" is an excellent example of a good show. "Captain Kangaroo" on network television also deserves much praise.

—Does the show enhance the development of prejudices and stereotyping or lead to fairness and objectivity? Subtle and little studied is television's impact on the development of social attitudes towards race, age, wealth-poverty and male-female roles in our culture. Naturally this will closely affect one's view of self.

It is generally held that television still relies heavily on stereotyped images. Let us consider several shows widely viewed at this time. "I Love Lucy", although filmed years ago, is presently viewed by a large audience. In it the female lead is portrayed as scheming, brainless, contriving and controlling of the male through devious comic plots. In the "Jeffersons", the male lead is projected as emotionally superficial, intellectually dull, prejudiced against whites and foolish. "Stanford and Son" depicts an aged star as totally lacking in wisdom, usefulness and respect for others and as having failed to lead a successful life. The many family series depicting the average household as clearly upper middle class puts unrealistic emphasis on material wealth. Although subtle, humorous and probably well-meaning, these widely viewed shows serve to perpetuate society's stereotypes and prejudices.

—Does the program have educational value? Certain programs do more than entertain. TV can be a very constructive force. It has the potential to stimulate curiosity and appeal to the joy of learning in a creative manner. This force is especially meaningful among the disadvantaged and understimulated.

Public Broadcasting offers such shows as "Sesame Street", "The Electric Company" and "Mr. Rogers' Neighborhood," which are outstanding for the preschool and early school age child. "Once Upon a Classic" is superb for somewhat older children.

Television can be productive and beneficial to children when it is viewed selectively and for limited periods of time. It should not interfere with active play with friends and should not divide the family into distinct, noncommunicating "wired-in" units.

Send your questions about military family life to: Dr. Eli Breger, c/o The American Forces Press Service, Room 501, 1117 N. 19th Street, Arlington, Va. 22209.



ACHIEVERS—Satisfactorily completing a children's summer reading program at the General Library and earning achievement awards are (l to r): Matthew John Rhodes, Lamie Ann DelaCuesta, Marie Rabold and Margaret Rabold. Not pictured, but also completing the requirement of reading five books in August, are Nancy Bernhardt, Dana Hodge and Kirk Ostrowski. The program was offered for base children 12 years and under.

AT EASE

A child may dare... so drive with care!



extra careful at these times.

- Make sure they pick the safest route to school.

- Teach them to look up and down the street and around corners, and to listen for vehicles before crossing the street.

- Wait for the green light. Cross the street only at corners, or in a crosswalk.

- Never walk between cars parked on the street.

- Remember, the motorist cannot always see you.

- Remember to tell them that motorists make mistakes, too.

- Great emphasis should be stressed to the child that he or she should NEVER get into strange cars or talk to people they do not know!

(NRMC Oakland Safety Office)

Run with the gulls (and boys) on TI

The third annual Seagull Run (5 and 10K courses) on Treasure Island will be held Saturday, Oct. 17, at 8:30 a.m. The 5K course will encircle flat Treasure Island and the 10K race will cover Treasure Island, plus the challenging inclines on Yerba Buena Island. Choose either course on race day.

Categories by age division for each race will include both men and women: 12 and under, 13-18, 19-29, 30-39, 40-55 and 56 and over.

Entry fee: \$6. Pre-register before Oct 2 and packets will be mailed to all entrants. Race day: \$7 registration.

T-shirts will be presented to all finishers and there will be first and second place awards. Refreshments are to be served.

For further information on the race, contact the Special Services Department, Naval Station Treasure Island at 765-5088 weekdays from 7:30 a.m. to 4 p.m.



REACHING FOR THE STARS—The new tide pool exhibit at Sea World of San Diego brings the interesting marine animals of the California intertidal zone within easy reach of park guests. Here inquisitive visitors pick up and examine bat stars living in the rock-like setting that recreates their natural environment. Navy families may see the new exhibit while enjoying a 25 percent discount on park admission during October in celebration on the Navy's 206th birthday.

Sell home early, cautiously

By Capt. B. C. Vassey
Lackland AFB, Texas

Home ownership can be an excellent way for service members to stay ahead in the financial race during periods of double-digit inflation. However, it can present problems, especially when it comes time to sell the home for a PCS move.

One serious problem involves investors who buy homes from departing service members by assuming the seller's obligations under the mortgage. Because he or she is often in a hurry to sell, the service member is inclined to ask for less equity than normal in order to close a deal quickly.

The only cash involved may be a small fee for drafting the assumption warranty deed. The deed is the only document in the transaction since the service member often neglects to negotiate a release under the mortgage or to take a second mortgage from the buyer.

If the buyer defaults under these circumstances, the service member remains liable to make payments under the terms of the mortgage and cannot automatically regain possession from the defaulting buyer.

In some cases, the investor-buyer is more interested in reselling the home for a quick profit than in assuming the seller's payments. The incentive to gamble for a quick profit is strong because the risk actually remains with the seller, rather than the investor, if the house fails to sell quickly.

The risk remains with the seller for several reasons. First, the seller remains liable under the mortgage to continue payments if the buyer defaults.

Second, the buyer has no investment in the property to lose upon default because no equity payment has been made to the seller.

Third, since it ordinarily takes five or

six months after default before a mortgage is foreclosed, the buyer can continue efforts to resell the house during this period. In the meantime, of course, no payments are being made on the mortgage.

Finally, since the seller has often left town, he or she is often in no position to retake possession when the buyer defaults.

So what happens when the buyer defaults and the seller cannot resume payments? The mortgage company forecloses and the home is sold at public auction.

If the house is auctioned for less than the amount owed on the note, the seller is liable for the difference. Even if the house is sold for the amount of the note, the seller is still liable for any monthly payments in default, attorney's fees and expenses. This could easily run \$3,000 to \$4,000 on a \$50,000 home.

Persons considering selling their home can avoid some problems by considering the following:

- Don't wait until the last minute to sell your home. Try to put it on the market six months before your departure date.

- If the buyer does not intend to live in the house, check his financial reliability and business record.

- If the buyer is assuming liability under your note instead of refinancing, try to get as much cash as possible for your equity.

- Try to get a release under the existing mortgage, or at least the right of re-entry upon default without suing for eviction.

- Have the transaction reviewed by an attorney before signing anything.

(Reprinted from *The Sentry*.)

Girl Scouts need help

Adult leaders or assistants for Castro Valley Girl Scouts of all ages are sorely needed.

If interested in volunteering your

help, contact Lieutenant Julie Zinda in the Emergency Room, telephone 639-2075.

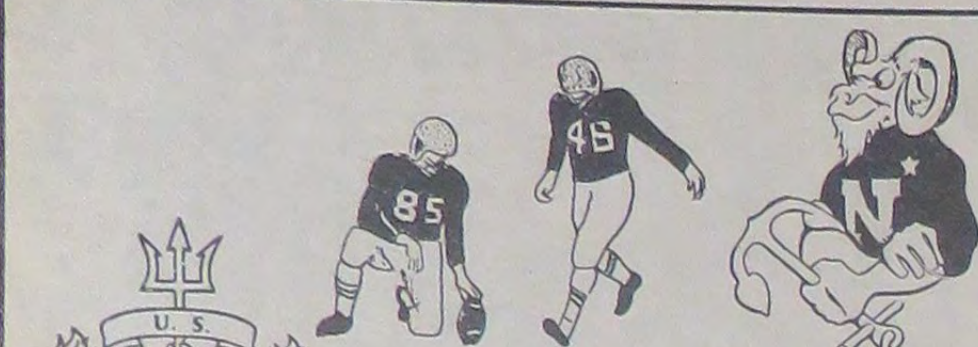
RECIPE:

BAR-B-QUED CHEF



Just add fuel to charcoal fire when it has been lit.

OFF DUTY



Date	Opponent	Site
Sept. 12	The Citadel	Annapolis, Md.
Sept. 19	Villanova	Annapolis
Sept. 26	Michigan	Ann Arbor, Mich.
Oct. 3	Yale	New Haven, Conn.
Oct. 10	Air Force	Annapolis
Oct. 17	Boston College	Boston
Oct. 24	William & Mary (Homecoming)	Annapolis
Oct. 31	Notre Dame	Notre Dame, Ind.
Nov. 7	Syracuse	Annapolis
Nov. 14	Georgia Tech	Atlanta
Nov. 28	Army	Philadelphia

1981 Navy Football Schedule

Harvest fair slated tomorrow

Often in rural communities, the end of summer marks the beginning of the fall harvest, a time to gather with friends and share the fruits of summer's labor.

While Tilden Regional Park in Berkeley is hardly a rural community, park naturalists have caught the spirit and are planning a Tilden Little Farm Harvest Fair as a way to celebrate the end of a busy summer and thank the community for their support of the park and its programs.

The public festival will be tomorrow from 11 a.m. to 4 p.m. in the wooded areas and on the lawns surrounding the Environmental Education Center and the Little Farm.

Workers in the nature area have organized the event much like a county fair with the traditional contests to select the best pickles, jams, jellies, breads, fruits and vegetables;

demonstrations on solar energy and recycling; and live music, dancing and animal-calling.

Tim Gordon, the naturalist in charge of the Harvest Fair, said it's a fun and exciting time because anyone with a special talent can be part of the event. So far, he's heard from volunteer storytellers, bird callers, mural painters, whittlers, knot tiers, puppeteers, kite makers and animal groomers.

"Anyone interested in participating can either call the Environmental Education Center at 525-2233 or just show up that day," he said.

He adds that people should bring a picnic lunch, and a vegetable for the traditional stone soup, a culinary delight based on an old legend of how to make a pot of delicious soup with only a stone.

(East Bay LOG)

Stair-climbing beneficial to heart, weight reduction

By J.B. Conaway

(Reprinted with permission from *News Digest*)

A lot of us work in buildings with stairs but we only use elevators or escalators. Many of us work on the ground floor or in one story buildings—and even at home there are no stairs to speak of. Well, if you fit into one of these categories—find some stairs and climb them! You probably won't have to look very far. And SURPRISE... They've been there all the time!

That's basically the advice of Dr. Kelly D. Brownell of the University of Pennsylvania School of Medicine. In an article to a leading journal of Psychiatry, Dr. Brownell singled-out stair-climbing as one of the leading exercises for burning calories and making the heart stronger. Here are some of the amazing reasons he gives.

Stair-climbing—just one step at a time at a leisurely pace—consumes 250 percent more calories than swimming the same amount of time, 23 percent more than running, 150 percent more than tennis, 550 percent more than dusting the home. It burns up 150 percent more calories than bowling, 63 percent more than cycling and 400 percent more than walking at 2 mph. A 175-pound person walking up stairs for 10 minutes will burn off 164 calories, or if swimming—56 calories, tennis—80 calories.

"The beauty about stair-climbing," says Dr. Brownell, "in addition to its being the most efficient exercise around, is that it is easy to do. It doesn't hurt, it's readily available, you don't need special athletic shoes or clothing, and it gets you to your destination."

Get out your calculators. A normal-weight person can lose six pounds by climbing two flights of stairs a day for a year. An overweight person can lose 10 to 12 pounds in that time. If you don't want to wait a year...

Of course, like any other exercise, it's best not to start at the top (or in this case, the bottom) of the regimen by tackling the Eiffel Tower, Empire State Building and Chicago Sears Tower in the first few days. Usually, there are stairs that you are bypassing every day in your ordinary activities. One method, if you work or live on the 10th floor, is to ride up to the 9th and walk up to the last floor. After a few days or a week, ride up to the 8th and so on until walking up at least half the way is a snap.

There are limitations that call for restraint on an individuals part, however. For instance, if you work in the observatory of the Empire State Building, half way up is 43 stories or about 787 steps, a bit more of a challenge than seems necessary.

Even as most people behave as though stairs are extinct in buildings with lifts, a British study of civil service workers shows that stair climbing is one of the few regular activities associated with a risk reduction of heart disease. Dr. Brownell's study of thousands of people who were faced with the choice of an escalator or an adjacent staircase discovered that almost 95 percent escalated (mechanically). Putting signs up near escalators that told uses about the heart benefits that come from climbing stairs raised the number of stair-users from 5.3 percent to 13.7 percent.

If you'd rather not climb—then drag logs or sprint. Those activities burn up more calories than climbing stairs, according to Dr. Brownell, but you'd better see your own doctor first.

Bowling begins here Tuesday

All personnel of Naval Regional Medical Center Oakland are invited to join a mixed bowling league which will begin Sept. 15, at 6 p.m. with play

every Tuesday evening thereafter. If you'd like to join in, call HM3 Jack Hellyer, Medical Repair, Ext. 2511.

MOVIES

Friday, Sept. 11, 6:30 p.m.—THE COAL MINER'S DAUGHTER—Sissy Spacek, Tommy Lee Jones—Drama/PG

Saturday, Sept. 12, 1 p.m.—MARY POPPINS—Julie Andrews, Dick Van Dyke—Musical/G

Saturday, Sept. 12, 3:15 p.m.—BORN FREE—Virginia McKenna, Bill Travers—Adventure/G

Sunday, Sept. 13, 6:30 p.m.—THE TINGLER—Vincent Price, Judith Evelyn—Horror/PG

Monday, Sept. 14, 6:30 p.m.—THE WILD ONE—Marlon Brando, Mary Murphy—Drama/PG

Tuesday, Sept. 15, 6:30 p.m.—THE WINDWALKER—Trevor Howard, Nick Ramus—Action/PG

Wednesday, Sept. 16, 6:30 p.m.—ALICE IN WONDERLAND—Animated/G

Thursday, Sept. 17, 6:30 p.m.—AGENCY—Robert Mitchum, Lee Majors—Drama/R

Friday, Sept. 18, 6:30 p.m.—BRONCO BILLY—Clint Eastwood, Sondra Locke—Western Comedy/PG

Saturday, Sept. 19, 1 p.m.—BENJI—Peter Breck, Benji—Adventure/G

Saturday, Sept. 19, 2:20 p.m.—FOOLIN' AROUND—Gary Busey, Annette O'Toole—Comedy/PG

Sunday, Sept. 20, 6:30 p.m.—RUSH IT—Judy Kahan, Tom Berenger—Drama/R

Monday, Sept. 21, 6:30 p.m.—THE PRIZE FIGHTER—Tim Conway, Don Knotts—Comedy/PG

Tuesday, Sept. 22, 6:30 p.m.—NIGHTHAWKS—Sylvester Stallone, Billy Dee Williams—Drama/R

Wednesday, Sept. 23, 6:30 p.m.—UNDERGROUND ACES—Dirk Benedict, Melanie Griffith—Comedy/PG

Thursday, Sept. 24, 6:30 p.m.—THE BUSHIDO BLADE—Richard Boone, Frank Converse, Adventure/R

Pathology takes softball crown

By Ron Brown

It took three games in the playoffs but Pathology came out victorious over a stubborn ten from General Medicine by a score of 22-11 to walk off with the 1981 NRMIC Intermural Softball Crown.

Earlier in the week, the two teams split games to set up the rubber match.

In the Aug. 24 game, Pathology came from behind and scored three runs in the last of the seventh inning to register a 10-9 victory. Five days ear-

lier, General Medicine pulled out a spectacular win by scoring four runs in the bottom of the seventh inning after trailing 3-0 for six innings. Final score was 4-3 in favor of General Medicine.

The championship game proved to be less exciting as both teams used the homerun barrage as a weapon to score runs. Pathology won the home run race as they came out victorious by a score of 22-11, and took the 1981 championship.

A HOME AWAY FROM HOME

A big birthday smile for USO—40 years young. But it's a USO that's more than those famous shows...it's for the whole service family. From family and emergency help to classes to tours, USO leads the way.



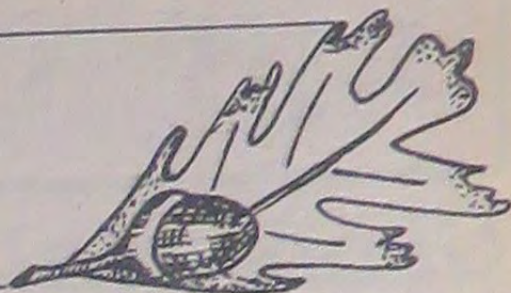
Friends are difficult to find. But our service families have a friend at the USO. As USO's 40th Anniversary Family Spokesperson, I'm reminding you that USO's 40 years of being family...is possible only because of your concern.

Ed McMahon

Dr. Joyce Brothers

the

Oak Leaf



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, September 25, 1981

Second toe-to-hand transplant performed here



MICROSURGEONS AT WORK—Using microscopes, two orthopedic surgeons suture the stump of a big toe while another team attaches that toe to where the patient's thumb used to be before he lost it in an accident.

The second apparently successful transplant of a toe to the stump of a severed thumb has been performed by a team of microsurgons at Naval Regional Medical Center, Oakland.

Early this spring, Marine Corps Private First Class Mark E. Heermann, 19, assigned to Camp Lejeune, N. C. lost his thumb in the motor fan belt of an amphibious vehicle he operates as part of his military duties.

A Navy doctor at Camp Lejeune, Lieutenant Commander Douglas Hein, who completed an orthopedic residency at Oakland last summer, referred the patient here several months later as a possible candidate for the toe-to-hand transplant.

In the latest surgery on Sept. 10, a team of Navy orthopedic surgeons consisting of Captain David M. Lichtman, Commander James R. Schneider, and Lieutenant Commanders George B. Batten, Robert B. Murphy and Gregory J. Gnadt labored 15 hours in detaching Private Heermann's big toe and suturing it, by nearly invisible needles under a microscope, to the stump of his missing thumb.

A few days later at the time of the first dressing change, Captain Lichtman commented that the transplanted digit looks "super" and the surgery appears to be a success. Heermann, still a bed patient, is expected to go on rehabilitation status soon.

On Jan. 20, 1981 the Navy hospital in Oakland made medical history with the successful transplantation of a patient's two toes to the stumps of a thumb and little finger. That patient, Chief Electrician's Mate Deane E. Rapp, a decorated Navy veteran trained for duty aboard nuclear-powered submarines, had accidentally severed all fingers of his right hand eight months earlier. The operation was completely



RECOVERING—Marine Corps Private First Class Mark E. Heermann recuperates from 15-hours of surgery in his room on the seventh deck of Naval Regional Medical Center Oakland.

successful and he now has returned to active duty aboard a submarine and is able to write, climb ladders, etc., by using the two former toes as fingers in a pinching movement.

In addition to the transplants, the Oakland microsurgery team this summer successfully reattached the finger of a young Marine from Naval Weapons Station, Concord, Calif., who severed his finger when he caught it on the rung of a ladder during an accidental fall.

"Our whole objective in this microsurgery," said Doctor Lichtman, "is to do everything we can to allow the service member to return to full active duty."

Grand opening slated for automotive center

The grand opening for the new Navy Exchange Automotive Center, located next to Building 75A, directly behind the Security Office and Civilian Personnel, is slated for Sept. 30 at 10 a.m.

Rear Admiral Walter M. Lonergan, Naval Regional Medical Center Oakland commanding officer, and Captain E. F. Sullivan, Alameda exchange officer, will cut the ribbon opening the center, which will include a four-lane fuel island, automotive repair area and an accessory and parts sales store.

Construction began on the new

\$382,079 facility last spring under the design and supervision of the Western Division, Naval Facilities Engineering Command. The center will offer expanded service and easier access than the former gas station behind the Porthole.

Door prizes and refreshments will mark the grand opening and specials, including a truckload tire sale, will be featured Sept. 30 through Oct. 2.

All personnel and their families are invited to attend the event.

RADM Sparks, former Commanding Officer here, retires next week

Rear Admiral Henry A. Sparks, Deputy Surgeon General and former Commanding Officer here (1974-77), will retire from the Navy on Sept. 30. Rear Admiral George E. Gorsuch will succeed him in the Bureau of Medicine and Surgery position.

Rear Admiral Sparks, a native of Woodland, enlisted in the U. S. Naval Reserve (V-1 Program) on Sept. 24, 1942, while a student at Placer Junior College in Auburn. On July 1, 1943, he reported for active duty as a student in the V-12 Program at the College of Pacific in Stockton, and was honorably released from active duty in January 1946. In June of the same year he was commissioned an ensign in the Naval Reserve and under Navy sponsorship, attended the University of Southern California School of Medicine, receiving his M.D. degree in 1948.

Dr. Sparks completed his internship and first year of graduate training as a resident in internal medicine at Naval Hospital, Long Beach. In 1950, he reported for duty with the U. S. Fleet Activities, Yokosuka, Japan, and embarked with Mobile Surgical Team No. 1 in LST 898, landing with the Marine Corps on Red Beach in Inchon Harbor, Korea on Sept. 15, 1950. Eight months later he returned to the U. S. to



RADM Henry A. Sparks

resume his residency in internal medicine at the National Naval Medical Center, Bethesda, Md.

In subsequent assignments he served in the Medical Unit of the Commander in Chief, U. S. Atlantic Fleet; at Naval Hospital, San Diego; with the Navy Medical Unit, Tripler U. S. Army General Hospital, Hawaii; on the staff of the Naval Hospital, Camp Pendleton, and on return duty to Naval Hospital Bethesda as supervisor of Internal

Medicine Training Program and Assistant Chief of Medicine.

Captain Sparks became Chief of Medical Service at Naval Hospital, Oakland in July 1966, leaving four years later to become Commanding Officer, Naval Medical Research Unit Three, Cairo, Egypt. In June 1974 he was promoted to flag rank and returned to Oakland to take command. On Aug. 29, 1977, Rear Admiral Sparks reported to the Bureau of Medicine and Surgery for duty as the Assistant Chief for Operational Medical Support, and on Oct. 1, 1978 was reassigned in the Bureau as Deputy Surgeon General.

He is a fellow of the American College of Physicians, member of the American Society of Tropical Medicine and Hygiene, and the Royal Society of Medicine (London).

Rear Admiral Sparks was awarded the Legion of Merit for outstanding service in the Cairo assignment. In addition, he holds the Navy Unit Commendation Ribbon awarded Task Element 90.32 for service in the Korean area of hostilities, the American Campaign Medal, World War II Victory Medal, Navy Occupation Service Medal with Asia Clasp, National Defense Service Medal, Korean Service Medal, and the United Nations Service Medal.

He and his wife Betty are parents of five. In addition to being an avid track and field enthusiast, Rear Admiral Sparks enjoys participating in such sports as bowling, golf and fishing. He also enjoys assembling and flying radio controlled model aircraft.

His future plans have not been announced.

Reduced air fare still on for military

Transworld Airlines has extended its reduced fare program to March 31, 1982. It was scheduled to expire at the end of September.

The reduced fare program allows all active duty military personnel to travel with reserved seats at a 50 percent reduced air fare when on leave.

Of the 21 airlines currently offering the discount fare, the following air carriers offer it indefinitely: US Air, Western, United, American, Piedmont, Braniff, Eastern, Pan American, Air New England, Republic, Delta, Aspen, Air Florida, Altair and Empire Airlines. Other airlines participating in the reduced fare program, but which have established cut-off dates for its availability, include: TWA, Continental, Air Mid West and Northwest Airlines.

EDITORIAL

Our patients write...

While an inpatient at your facility from June 10 through June 15, 1981, I was attached to Ward 7N. The care that I received at the hands of the 7N staff was exemplary. The pride and dedication that was shown by your staff speaks well for the hospital in general and those individuals in particular.

I also wish to extend this appreciation to the Anesthesiology Department, Operating Room personnel, and the Recovery Room personnel who showed extreme professionalism at all times.

I have been fairly general with this letter and now I will be more specific. I would like to express my thanks to Dr. Keenan, Dr. Alexander and Dr. Mackey of Orthopedics; Dr. Moudre of Anesthesiology; and a special thanks to HN Jones and LT(jg) Quarantotto of 7N. I was most favorably impressed with the care that (Jones and Quarantotto) provided, and hope that these individuals are able to attain their individual duty preferences in the near future.

Finally, a thanks to the Commanding Officer, who is ultimately responsible for all things great and small that occur at his command. I am most pleased at the care I received and this is due in no small part to the Commanding Officer. I hope that this letter reflects favorably upon the members named and that each member receives the recognition that was intended.

HM2 Richard E. Farish
Aviation Physiology
Naval Hospital Lemoore

ISA, NHA organizations working for a better world

International Service Agencies (ISA) do a lot more than feed the starving. Battling starvation is only a part of their work. ISA's purpose is to lessen the misery of distressed people in the poorest countries of the world, countries where social services, welfare, food stamps do not exist. The needs of people are desperate and overwhelming, and their governments simply do not have the resources.

ISA has long-range self-help programs designed to improve health, increase food production, teach job skills, create educational opportunity and to help meet basic human needs. In addition the agencies respond with immediate emergency aid in the swelling refugee camps of Asia and Africa.

The ultimate aim is to help desperate people rebuild their lives and to become self-sufficient.

ISA works far from our community. Why should we help?

The poor, sick, hungry and displaced people of the world are the seedbeds of unrest, revolution and the potential for international conflict. Improving their conditions is an investment in our own security.

In the world community, ISA can and does make a difference. It reaches the people with realistic aid. It gives them the tools and know-how to help them to exist with dignity, provide for their families, build a better tomorrow. ISA does a lot more than feed the starving. It combats frustration and despair. It nurtures a peaceful tomorrow for us all.



Another group of agencies supported through our contributions to the Combined Federal Campaign is the National Health Agencies (NHA), which provide services to the millions of Americans who suffer the ravages of illness and disease.

They depend on the expertise and knowledge of those people who continue to search for the treatments, cures and preventives for some of these devastating and life threatening diseases. NHA, comprised of 27 national health organizations, is working to help all of us.

Our CFC dollars make it possible for these agencies to continue their medical research programs, provide community and patient services and materials and programs for public and professional education.

Parachute

I was falling... falling fast.
When a silver-winged eagle
Bore me up on his wings—
And floated me gently back to earth.
Such an open love channel,
I've never known.

Such a friend—
I will always recognize
Your eyes read home.

Betty Martin
Mail Room

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



Respect knows no station. It goes without saying that every person is worthy of respect, regardless of position on the organizational chart. Each person owes to others a basic courtesy and a regard for individual integrity. This holds for the mutual attitudes of those who lead and are led.

One of the ways to ensure each person in the naval service is afforded respect is by the way we address each other.

Officers are always addressed and referred to by their title or rank. Midshipmen and aviation cadets are addressed as "Mister" or "Miss."

By tradition, the commanding officer of any ship or station, no matter what his rank, is addressed and referred to as "Captain." The executive officer, likewise, is "Commander."

An officer in the Medical Corps and Dental Corps is addressed by title, or as "Doctor." A chaplain may be called "Chaplain" no matter what the rank. An officer below the rank of admiral who is in command of a squadron, task unit, or convoy of ships is customarily addressed as "Commodore."

A chief petty officer is addressed as "Chief Petty Officer Smith" or more informally as "Chief Smith." Master and senior chief petty officers are addressed and referred to as "Master Chief Smith" or "Senior Chief Smith." Other petty officers are addressed and referred to by their specific rates. Non-rated personnel, E-1 through E-3, are addressed to as "Seaman Smith" or "Hospitalman Smith" regardless of their specific paygrade.

The most valuable gift you can give another is a good example.

Career Capsules

By HM1 Barbara Heep

The Selective Conversion and Reenlistment (SCORE) Program offers the following incentives to members who reenlist for conversion to critically undermanned ratings: guaranteed assignment to Class "A" school with automatic conversion upon graduation; guaranteed assignment to an appropriate class "C" school; automatic advancement to petty officer second class upon satisfactory completion of a designated "C" school; and reenlistment bonus, if otherwise eligible.

Eligibility requirements:

- Be a first class petty officer or below, or identified striker in paygrade E-3 otherwise eligible for reenlistment.
- Meet minimum test score requirements for entrance into the appropriate class "A" school.
- Have demonstrated potential for conversion, sustained superior performance in present rating, and be highly recommended by the commanding officer.
- Not more than one NJP for the past 18 months preceding date of application and have no record of conviction by court-martial on current enlistment.
- Have at least 21 months of continuous active Naval service, but not more than 15 years of total active service.
- Agree to extend for conversion of rating and reenlist as directed by Commander, Naval Military Personnel Command for a total obligation of six years. Have not derived any benefits from the STAR Program, and have complete obligated service for other programs.

For more information on this program contact your career counselor

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of
Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



IMPLANT—Dr. Brooks implants Arecoline Hydrobromide, a substance extracted from the Betel Nut, under the Buccal Mucosa of a monkey anesthetized with Ketamine.



RESULT—This photo, taken 90 days later, shows the end result of Dr. Brooks' three-year experiment.

Dr. Brooks recognized for oral cancer research

NRMC Oakland resident Lieutenant Commander Daniel Brooks presented a scientific research paper this summer at the XII World Congress of Otorhinolaryngology, which was held in Budapest, Hungary.

The paper, entitled "The Etiological Importance of Arecoline Hydrobromide in Oral Cancer," which took him about three years of research to prepare, was among 1,000 papers presented. The congress has about 100 American members.

Dr. Brooks was the first to isolate a carcinogenic substance called Arecoline Hydrobromide found in a mixture called Quid, which is chewed by the natives on some of the islands in the South Pacific. Quid contains betel nuts, lime, tobacco and pepperleaf. The natives have an unusually high incidence of cancer of the mouth. Many investigators had previously assumed that the tobacco was the causative agent. Dr. Brooks had several patients with oral cancer who had never chewed tobacco, so he isolated other substances and implanted two under

the Buccal Mucosa inside the mouths of rabbits and monkeys. Repetitive tests proved that the substance was carcinogenic to the rabbits and primates.

Captain Gordon Strom, Chief of Otorhinolaryngology Service at Oak Knoll, accompanied Dr. Brooks to Budapest to attend the World Congress. Both traveled to Hungary at no cost to the U. S. government.

At the invitation of Hungarian Professor Banhidy, Dr. Brooks plans to return to lecture on oral cancer at the Medical School of Budapest sometime in the future.

Dr. Brooks, an M.D., also holds a Ph.D. in Chemical Engineering, as well as in Neurophysiology. Besides his busy schedule, he still finds time to teach medical ethics at the University of California, Berkeley, where he performed most of his research on the cancer-causing substance.

SF Bay Area to celebrate Fleet Week

The Bay Area is expected to figuratively "roll out the red carpet" for the U. S. Navy when Fleet Week will be observed Oct. 29-Nov. 5.

Tentative plans call for mayoral proclamations, a bay parade of Third Fleet ships, band concerts, ship open houses, social and athletic events, fireworks on Treasure Island, civic receptions, exhibits at San Francisco, wreath-laying at USS SAN FRANCISCO memorial, chapel services aboard USS CALLAGHAN, etc.

The following Navy ships will be in port at the San Francisco Embarcadero Piers 45 and 31 (south) during the week: USS MORTON (DD-948), USS JOSEPH STRAUSS (DDG-16), USS BENJAMIN STODDERT (DDG-22), USS CALLAGHAN (DDG-994), USS SAMPLE (FF-1048), and USS ROBERT E. PEARY (FF-1073).

A special visit is also planned by the recently commissioned submarine USS SAN FRANCISCO (SSN-711) to Embarcadero Pier 35. During that visit, the nuclear submarine and her crew will be honored by the Honorable Diane Feinstein, Mayor of San Francisco.

Numerous high-ranking Defense and Navy dignitaries and civic leaders are expected to attend the week's events.

FY82 SRB announced

The FY82 Selective Reenlistment Bonus (SRB) program was announced Sept. 1. The FY82 SRB award levels are significantly expanded, with increases in 42 skills in zone "A," 48 skills in zone "B," four skills in zone "C," and adds 19 ratings to the program which were not previously included. There are no decreases to award levels established from the FY81 program. The FY82 program recognizes additional skills where shortfalls exist, and provides increasing levels of compensation to personnel in eligible skills that will enhance efforts to improve personnel readiness. The FY82 program is effective Oct. 1, 1981.

Authority has been granted for personnel to extend enlistment into the new fiscal year to allow eligible members to take advantage of both the FY82 award levels and the increase in the basic pay bonus multiplier resulting from the expected FY82 pay raise. Personnel reenlisting on or after Oct. 1, 1981 will be entitled to the SRB award levels as listed in NAVOP 124/81.

NOSHIP team here Oct. 27-30

A three-member Navy Occupational Safety and Health Inspection Program (NOSHIP) team from the Navy's Inspector General Office will visit Naval Regional Medical Center Oakland Oct. 27-30.

The team, consisting of Safety Specialists Sarah Johnson and William Rogers, Jr., and Industrial Hygienist Jose Hernandez, makes visits on a recurring basis to all Navy shore activities throughout the nation. They plan 86 inspections during the next fiscal year.

Purpose of their visit is to inspect for safe and healthy working conditions and to talk with personnel concerning the safety program.

The NOSHIP team has scheduled the hours of 8:30 a.m. to 12 noon on Oct. 28 to meet with individuals desiring to bring safety-related matters to the team members' attention. Appointments may be scheduled in advance through the medical center's Safety Office, Ext. 2384.

Officers selected for augmentation

Fourteen officers of this command have been selected for augmentation and are receiving appointments in the regular Navy. They are:

Medical Corps: Lieutenant William H. Noble, III.

Nurse Corps: Lieutenant William D. Dunn and Lieutenant (junior grade) Thomas L. Howe.

Medical Service Corps: Lieutenant Commanders John E. Kraft, John Renish, Gordon H. Poppell, and Patrick A. Shannon; Lieutenants Larry L. Kilgore, Raymond L. Moran and Faythe M. Weber; Lieutenants (junior grade) Michael W. Biggs and Robert C. Hoffner; Ensigns Michael J. Curran and Phillip S. Fordice.

FOR YOUR INFORMATION

4.8% pay hike for 'white collar' civilians

GENERAL SCHEDULE

ANNUAL RATES AND STEPS (Effective Oct. 1, 1981)

GRADES	STEPS 1	2	3	4	5	6	7	8	9	10
1	8342	8620	8898	9175	9453	9615	9890	10165	10178	10439
2	9381	9603	9913	10178	10292	10595	10898	11201	11504	11807
3	10235	10576	10917	11258	11599	11940	12281	12622	12963	13304
4	11490	11873	12256	12639	13022	13405	13788	14171	14554	14937
5	12854	13282	13710	14138	14566	14994	15422	15850	16278	16706
6	14328	14806	15284	15762	16240	16718	17196	17674	18152	18630
7	15922	16453	16984	17515	18046	18577	19108	19639	20170	20701
8	17634	18222	18810	19398	19986	20574	21162	21750	22338	22926
9	19477	20126	20775	21424	22073	22722	23371	24020	24669	25318
10	21449	22164	22879	23594	24309	25024	25739	26454	27169	27884
11	23566	24352	25138	25924	26710	27496	28282	29068	29854	30640
12	28245	29187	30129	31071	32013	32955	33897	34839	35781	36723
13	33586	34706	35826	36946	38066	39186	40306	41426	42546	43666
14	39689	41012	42335	43658	44981	46304	47627	48950	50273*	51596*
15	46685	48241	49797	51353*	52909*	54465*	56021*	57577*	59133*	60689*
16	54755*	56580*	58405*	60230*	62055*	63880*	65705*	67530*	69355*	
17	64142*	66280*	68418*	70556*	72694*					
18	75177*									

*The rate of basic pay payable to employees at these rates is limited to \$50112.50, the rate payable for Level V of the Executive Schedule.



Connie C. Chan

Popular student aide leaves Transportation

"Connie has been very thorough and conscientious; I could leave my office and never have to worry," said John McCole, supervisor of the Transportation Office, in speaking of a student aide who left here last week.

Originally from Hong Kong, Connie C. Chan worked at this medical center for nearly two years following graduation from Oakland High School. Working full time during the summer and school vacations, and half-days while attending classes, she answered 90 percent of all phone calls for the Transportation Office, maintained logs and dispatched drivers. She was especially well-liked, according to her supervisor, who added, "We'll all miss her."

Miss Chan, who is now in her second year at Merritt College working toward an associate of arts degree in business, is moving to Hercules, too far away, she says, to make the daily commute to Oak Knoll.

The slim, attractive brunette who enjoys swimming, tennis and reading, wants to make a secretarial career. Her coworkers here are confident she'll excel in that line of work and wish her well for the future.

Occupational health assistant needed

Applications will be accepted through Sept. 30 for the position of Supervisory Clinic Services Assistant, GS-07 at the NAS Alameda Occupational Health Clinic.

The position requires four years' experience, including one year in

operating administrative or managerial programs. The person selected will supervise 10 persons.

For further information, call Nita Quiro, Civilian Personnel Service, Ext. 2116.

Navy opens senior enlisted academy

Opening day ceremonies for the Navy Senior Enlisted Academy (SEA) were held Sept. 14 at the Naval Education and Training Center (NETC) in Newport, R.I.

The mission of the new academy is to better prepare selected Senior and Master Chief Petty Officers to fulfill leadership and management responsibilities. The curriculum is designed to provide a demanding educational experience and improve the abilities of the students to lead and manage effectively.

The first of two nine-week pilot classes, each with 16 students, began Sept. 14. The second pilot class is scheduled to begin on Jan. 6. Students will be from the top 10 percent of their fields, including Master Chief Petty Officers who have been screened for the Navy Command Master Chief program.

Procurement position reopens to applicants

Applications are solicited by Civilian Personnel Service for the position of Procurement Officer, GS-12 (or GS-11 trainee) in the Supply Service of Naval Regional Medical Center Oakland.

The job has recently been reopened for applicants because Hank Remmers, selected for the position, has been promoted in grade to a similar job with the Air Force.

The person selected will be responsible for planning, developing and executing the procurement program, involving complex medical and allied

equipment, as well as materials used in scientific research. Incumbent also assists the Supply Officer in the daily overall operations of that service.

Qualifications require three years of general and three years of specialized experience. Career and Career Conditional employees of federal activities on the West Coast and reinstatement eligibles will be considered.

The announcement will close Sept. 29, or when the position is filled.

For further information, contact Christine Lessler, at Ext. 2116.



COMNAVBASE VISITS—Rear Admiral Paul T. Gillcrist (left), new Commander Naval Base San Diego, made an official visit to Naval Regional Medical Center Oakland on Sept. 11 and conferred with Rear Admiral Walter M. Lonergan, Commanding Officer. Rear Admiral Gillcrist, former Commander, Fighter/Airborne Early Warning, U. S. Pacific Fleet, recently relieved retiring Rear Admiral Justin E. Langille.

Jobs open here

Civilian Personnel Service at Oak Knoll has announced three additional vacancies to be filled at Naval Regional Medical Center Oakland. They are: Health Technician (Optometry), GS-05, Ophthalmology Service, Decedent Affairs Clerk (Typing) GS-04, Patient Affairs Service, and Pharmacy Technician, GS-05, Pharmacy Service.

Applications will close Sept. 28 for the Health Technicians and Clerk jobs, Sept. 30 for the one in Pharmacy Service.

For further information, call Ext. 2116.

NEW MAINTENANCE MANAGER—

Marvin Lee is the new general foreman responsible for managing maintenance service in support of Naval Regional Medical Center Oakland. Employed by the Maintenance Department, Navy Public Works Center, he moved into his new position on Sept. 14, relieving Don Sanchez who was recently promoted and reassigned. General Foreman Lee will serve as senior manager of PWC employees assigned to Oak Knoll. He is a motorcyclist, a land owner and an active member of the Sea Ranch Association. He recently completed requirements for his contractor's license.



PEOPLE MAKE NEWS

Kudos.....

REENLISTMENT

Chief Dental Technician Arthur Lan-

LETTERS OF COMMENDATION

Lieutenant Commander Patricia Kenney, Nurse Corps, detached.
Lieutenant Commander Lynn O'Neal, Medical Corps, Ophthalmology, from Naval Hospital, Cherry Point.
Hospital Corpsman Second Class Nathan Lehr, Psychiatry.

ADVANCED

To Hospital Corpsman First Class: Terry Roscoe.
To Boiler Technician Second Class: Dexter Wittman.

FROCKED:

To Lieutenant Commander, Lynn O'Neal, Medical Corps, Ophthalmology.
To Chief Hospital Corpsman: Barbara S. Heep, Military Manpower Service (Career Counselor); Faustino S. Gallego, X-ray School; Richard Miller, Preventive Medicine Technician School; Kenneth Thornton, Surgery Service.

GOOD CONDUCT AWARD

Hospital Corpsman Second Class Leona Overton, Psychiatry.

RESIDENCY CERTIFICATE

Medical Corps Commander Narayana Bulusu, Urology.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

Nurse Corps Lieutenant Commander Patricia Kenney, to University of California, San Francisco.
Medical Service Corps Lieutenant Donald Belt to Port Hueneme.
Hospital Corpsman First Class Steven Cummings, honorably discharged.
Hospitalman Nimrod Villaneuva to Naval Station, Subic Bay.
Hospital Corpsman Second Class Nathan Lehr, honorably discharged.
Hospital Corpsman Third Class Henry Britt, honorably discharged.
Hospital Corpsman Third Class Leona Overton, honorably discharged.
Seaman Joseph Dunigan, honorably discharged.

"Welcome aboard" to newly arrived:

Hospital Apprentice Tracey Zastera, Hypertension Clinic.
Hospital Corpsman Third Class Cary Ward, Operating Management.
Dental Corps Commander Michael Lucas, Dental Service.
Medical Service Corps Lieutenant Fred White, Supply Service.
Medical Service Corps Lieutenant Commander Calvin Myers, ACDUTRA, Preventive Medicine Service.
Medical Service Corps Ensign Katherine Douglass, Physical Therapy.
Chief Warrant Officer Ilan Wilde, Physician's Assistant.
Medical Corps Lieutenant Com-

mander William Bergman, Neurosurgery.

Medical Service Corps Lieutenant Commander Joseph Criscitiello, Operating Management.

Nurse Corps Lieutenant Commander Peggy Criscitiello, Nursing Service.

Medical Corps Lieutenant Harry Brammer, Treasure Island Branch Clinic.

Nurse Corps Ensign Rebecca Dadamio, Nursing Service.

Nurse Corps Ensign Linda Oles, Nursing Service.

Medical Corps Captain Kenneth Scheidt, ACDUTRA.

Ensign James Hemsley, Clinical Clerk.

Hospital Apprentice Thomas Fields, Nursing Service.

Boiler Technician/Fireman Apprentice Charles Anderson, Special Services.

Hospitalman Robert Willard, Pharmacy.

Hospital Corpsman Third Class Anthony Tripp, OR School (instructor).

Hospital Corpsman Third Class Abdul Muhammad, Eye Clinic.

Yeoman Third Class Tyrone Quattlebaun, Patient Affairs.

Hospital Corpsman Second Class Edward Ewald, Eye Clinic.

Hospital Corpsman Third Class James Kimes, Operating Management.

Hospitalman Kenneth Williams, Nursing Service.

Hospital Apprentice James Harmon, Nursing Service.

Hospital Apprentice Guillermo Palacio, Nursing Service.

Wife also on staff

LCDR Criscitiello new OpsMgmt head

Medical Service Corps Lieutenant Commander Joseph J. Criscitiello has reported to Naval Regional Medical Center Oakland to become Chief of Operating Management Service, relieving Lieutenant Michael Lawson who now heads Internal Review.

Lieutenant Commander Criscitiello comes to his billet from the position of Commanding Officer, Third Medical Battalion, 3rd FSSG, Okinawa, Japan.

Also joining the Oak Knoll staff is his wife, Nurse Corps Lieutenant Commander Peggy Criscitiello, who is presently assigned to the I. C. U.

In his position as head of Operating Management, the Medical Service Corps officer oversees the functions of the Fire Department, BEQ, correspondence management, postal, telephone, teletype, housekeeping, laundry, security and transportation for the medical center.

Originally from Florida, with parents residing in Miami, he is a veteran of 23 years' Navy service, whose prior billets include duty with Submarine Force U. S. Atlantic Fleet, as Commanding Officer of the Naval Experimental Diving Unit (Panama City, Fla.), and aboard the submarines USS TRUTTA (SS-421), TENCH (SS-417), COBBER (SS-344), PICUDA (SS-382) and NATHANIEL GREENE (SSBN-636).

He holds the Navy Good Conduct Award, a Meritorious Unit Commendation, the National Defense Service Medal, Sea Service Deployment Ribbon with three bronze stars, and the Expert



LCDR J. J. Criscitiello

Pistol Medal with silver "E" clasp.

Lieutenant Commander Criscitiello has a bachelor's degree in health care administration and is currently working toward a master's in management with Troy State University of Alabama.

"It's nice to be back in CONUS after more than 36 months overseas," he commented upon arrival here.

The Criscitiellos are making their home in Pittsburg.

LT White new NRMCO supply chief



LT Fred R. White

Medical Service Corps Lieutenant Fred R. White has recently been transferred from his billet as Administrative Officer for Naval Biosciences Laboratory, Oakland, to that of Chief, Regional Supply Services at Oak Knoll.

"(I'm) pleased to be at Naval Regional Medical Center Oakland and look forward to providing a good service to this region," said the Navy veteran of nearly 18 years service.

Originally from Boonville, N. Y., Lieutenant White has earned the Navy Commendation Medal, the Combat Action Ribbon, Good Conduct Medal, Vietnam Service Medal, Vietnam Campaign with four bronze stars, National Defense Medal, Navy Unit Commenda-

tion, Vietnam Cross of Gallantry and the Civil Action Medal during his military career.

In addition to the Biosciences Lab, recent assignments have been with the National Navy Medical Center Bethesda, Naval School of Health Sciences and Defense Personnel Support Center (DPSC).

He holds a bachelor of science in health care administration from George Washington University and is a graduate of Fiscal and Supply School, Bethesda; Naval School of Health Sciences, Bethesda; and served a logistics internship at DPSC in Philadelphia.

The new Supply Officer desires to remain in that field or related billets and hopes someday to become Director of Medical Material at DPSC.

His hobbies are power boating, aviculture, fishing and camping. He says he is a poor tennis player and a very slow, but determined jogger.

Lieutenant White, his wife Theresa, and son Paul make their home in quarters at Naval Air Station Alameda.

Dr. Nichols visits

Dr. Ronald Lee Nichols, Professor of Surgery, Microbiology and Immunology at Tulane University School of Medicine, was a guest lecturer at this medical center on Sept. 18. He addressed the staff on "Sepsis in Surgery—1981 Update."

Dr. Nichols, who holds an M. D. and an M. S. from the University of Illinois, is licensed to practice medicine in five states.

His visit was sponsored by Surgery Service of Naval Regional Medical Center Oakland.



PIPED ASHORE—Retirement ceremonies were held here Sept. 8 for Chief Hospital Corpsman Richard L. Montour, who will complete 21 years of active duty on Oct. 31. For his performance in a three-year assignment at this medical center as Administrative Assistant to the Chief of Surgical Service, the chief earned the Navy Achievement Medal. Earlier this year Chief Montour received this command's first Semi-Annual Leadership Award for degree of devotion to the Navy, motivation, character building attitude, leadership characteristics, support of command policies and counseling attributes.

SPEAKING OF HEALTH CARE



FINANCIAL BOOST—Staff Sergeant John T. Collins, Hospital Corpsman Second Class John Dietrich, Specialist Six Daniel G. Smith and Hospital Corpsman Second Class Ronald Nelson, coordinators in the Army/Navy Transplant Service at Walter Reed Army Medical Center (WRAMC), Washington, D. C., each received a \$400 fellowship grant from the American Kidney Fund to attend the annual meeting of the North American Transplant Coordinators Organization in Chicago. The four coordinators are responsible for procuring kidneys from other transplant institutions nationwide for military patients at WRAMC, where about 40 transplants are performed each year.

Navy Seals aid divers suffering from 'bends'

Two vacationing scuba divers owe their lives to the Navy seal team detachment at Roosevelt Roads Naval Station, Puerto Rico.

Emmett and Eileen Eynard, both experienced scuba divers from New Orleans, La., were diving recently in the clear Caribbean waters off St. Thomas, U. S. Virgin Islands. After a day of several deep and shallow dives, both divers began having pains which gradually worsened.

They went to the local hospital in St. Thomas, where their problem was diagnosed to be decompression sickness—known as the "bends"—caused by ascending too quickly from deep dives. The "bends" can result in death,

and must be treated by simulating a deep dive in a decompression chamber.

After a phone call from the hospital, the Navy seal team detachment at Roosevelt Roads came to the aid of the couple with a decompression chamber. The two divers were placed in the chamber along with two members of the seal team to assist if needed. Commanding officer, LT Thomas Luck, remained outside the chamber while trained seal technicians operated the chamber controls.

Following six long hours of treatment, Eileen and Emmet Eynard were out of danger. They remained at the naval hospital for 24 hours of observation before returning home.

Navy responds to injured couple

A letter of thanks received recently from West Florida Hospital in Pensacola, Fla. is a good example of the Navy responding to emergencies in peacetime.

The Chief of Anesthesiology for West Florida Hospital and his wife were involved in a serious accident near Evergreen, Ala., on Aug. 25. Because of the severity of the injuries to the couple, it was necessary for the hospital to send a surgeon and an anesthesiologist to Evergreen Hospital in anticipation of their transportation back to Florida. To do this, they asked for the assistance of "Life Flight," a medical air transportation service, and received their help immediately.

However, because of the small size of "Life Flight" and its limited transportation capabilities, and their knowledge that it would be necessary to transport the couple by helicopter with the two physicians in attendance, they called the Navy and asked for emergency transportation by a larger helicopter.

Commander Doug Wilkes, Commanding Officer of HC-16 at NAS Pensacola, was contacted by West Florida Hospital and asked to provide emergency transportation. Commander Wilkes authorized the emergency helicopter flight and the patients were flown to the hospital for further treatment.

West Florida Hospital administrator

Jack O. Bovender, Jr., said in the letter: "The quick action by you and your crew no doubt saved the life of Dr. Davis yesterday and will, I am sure, make an invaluable contribution to his eventual recovery."

Flu shots coming

The annual influenza immunization program, mandatory for all active duty military personnel, is expected to begin here in early October, a Preventive Medicine Service spokesman said.

The 1981-82 vaccine is an inactive trivalent preparation containing 15 micrograms each of A/Brazil/78 (H1N1), A/Bangkok/79 (H3N2), and B/Singapore/79 per 0.5 ml.

Last year's vaccine contained the same specific antigens, however only seven micrograms of each were in each 0.5 ml dose.

Care center closes

The Child Care Center on base has closed after several years of operation by the Navy Exchange as a day nursery for three-month to 10-year-old dependents of military personnel.

According to Tom Miller, exchange manager, the closure was necessary because of repeated economic loss.

It has been located in Bldg. 62A near the Keller Avenue gate.

Staffers join ship's crew in dependents' sea cruise

Several physicians, nurses and corpsmen volunteered their services to USS CIMMARRON (AO 177) in backing up the ship's medical department during a dependent's cruise on Sept. 19.

The ship departed the Naval Supply Center Oakland berth Saturday morning for a day-long cruise to the Farallone Islands off San Francisco and return to port.

Those from Oak Knoll attending were Medical Corps Commanders Jesus E. Fajardo and Roger Espiritu,

Lieutenant Commander Lynn C. Wagner, and Lieutenant Paul D. Garst.

Also, Nurse Corps officers Lieutenant Commander Katie Bonnet, Langston; Lieutenants Mark Nowicki, Denise Gardella and Julianna Zinda, and Lieutenant (junior grade) Laura Wotowic.

Corpsmen included Hospital Corpsmen Third Class Stephanie Atkinson, David Killingsworth and Orlando Smythe, and Hospitalmen Pamela Johnson, Lorenzo Tarpley, Jr., and Donna Glass.

Some food, medication combinations dangerous

When you take medication, there may be some foods you should avoid eating.

For instance, tetracycline, a widely prescribed antibiotic, should not be taken with a glass of milk, since the calcium in milk impairs absorption of the tetracycline.

The U. S. Food and Drug Administration warns that the effects of food and drugs on each other can determine whether the medications do their job. Some combinations of food and medication can actually be dangerous.

As a general rule, remember that alcohol, which is actually a drug itself, does not mix well with antibiotics, sedatives, anticoagulants, antidiabetic drugs, antihistamines, or high blood pressure drugs. Among the antidiabetic drugs that do not mix well with alcohol is insulin, of course. Another important consideration in taking medicine is that some increase the need for specific foods. For example, people who take diuretics regularly should eat foods rich in potassium. Sources of potassium are

tomatoes and tomato juice, oranges and orange juice, and bananas.

Women on the pill should eat more leafy vegetables, which are good sources of folic acid. Oral contraceptives are known to deplete the blood of folic acid and Vitamin B6.

Mineral oil, an old-fashioned laxative still used widely, can hinder the absorption of Vitamin D, Vitamin K, and carotene, a substance the body converts to Vitamin A.

What liquid medication is taken with is important, too. Check with your doctor, but you're generally on the safe side if you take your medication with water. Swallowing the medication with soda pop, fruit juice, or coffee may alter its effect on your system.

Also ask your doctor when the drug should be taken—on an empty stomach or after meals.

For the free reprint *Food and Drug Interactions*, telling about various food and drug combinations to be avoided, send a postcard to the Consumer Information Center, Dept. 571J, Pueblo, Colorado 81009. (AFPS)

Chest physicians to meet in SF

The American College of Chest Physicians will hold its 47th Annual Scientific Assembly at the San Francisco Hilton Hotel and Civic Auditorium/Brooks Hall, Oct. 25-29.

More than 4,000 physicians and allied health professionals are expected

to attend this five-day medical meeting.

Residents, interns and medical students are admitted free to the general sessions of the educational program.

For topics to be discussed see the poster on the Oak Leaf Bulletin Board.

Sarcoidosis: case of the week

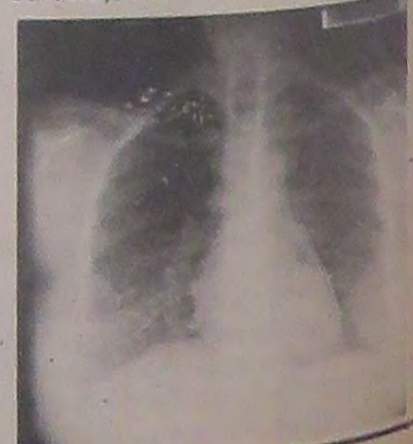
Sarcoidosis: Approximately 20 percent of pulmonary sarcoidosis patients present pulmonary disease without hilar lymph node enlargement. In the majority of such cases the pulmonary abnormality is diffused and evenly distributed throughout the lungs, although occasionally it is asymmetric during the stage of development or during resolution. Three basic patterns of disease can be recognized: the reticulo-nodular pattern, the "acinar" pattern, and large nodules.

This case represents a diffuse "acinar" pattern of sarcoidosis. The small opacities measure 3-8 mm in size. This pattern is often confused with the classical miliary pattern of TB. However, miliary nodules are smaller than acinar nodules, measuring .5-1.5 mm.

Sarcoidosis has many different appearances in the chest. The most common pattern is bilaterally symmetrical hilar and paratracheal adenopathy. Approximately one third

of these cases progress to show parenchymal changes, usually a reticular-nodular pattern. Of those cases which progress to parenchymal involvement, a small percentage may develop chronic progressive fibrotic changes similar to secondary TB. This fibrotic process may even progress to an "end stage" honeycombed pattern.

The correct diagnosis was made by Doctors B. O. Barnett, R. A. Callaway, and E. W. Jewell III.



WITH THE FAMILY



TOPPER CAME TOO—Military and civilian personnel of Oak Knoll and their families turned out in numbers for the recent annual NRMCO picnic. Perhaps the most unusual attendee was "Topper," getting a lift here on the shoulder of his owner, Chief Hospital Corpsman Herm Glatzer.

(Photo courtesy of Mrs. Garry Silk)

Chaplain's Corner

'Gleanings among the sheaves'

By Lt. Jay L. Hoppus, CHC, USNR

Religion is a person. Some people say that they will test the holiness of Christ's religion by the holiness of Christ's people. You have a right, I reply, to put the question of religion to only a test such as that. The proper test and a more excellent way is for you to try it yourselves—to "taste and see that the Lord is good." (Psalm 34:8). By trying Him on for size ourselves, we prove the holiness of His Gospel and exercise one of the greatest gifts God has given us—the right of free choice.

When we seek Christ crucified for ourselves and not only take the representation of another concerning the power of God's grace to subdue corruption and to sanctify the heart, we allow God to reach us on a personal basis. Inasmuch as God has given us the Bible, He intends us to read it and not be solely content with only reading men and women. This is not to say that the witness and way a person lives is not important, but it is foolish for a skeptic to base his own relationship to God by basing it on someone else's relationship with God. An experience with Jesus Christ makes us better than we were, not better (or less) than someone else.

The saying in AA, "Contempt prior to investigation," is another way of stating the case. If you despise religion and a personal relationship with God before you have tried it yourself, you must stand confessed in this world as a fool, and in the next even worse. If you hear someone with contempt for the Bible, you may usually conclude that he never reads it. And you may be quite certain that if someone speaks against religion, that they don't know what it really is.

Religion is a person and it is a personal relationship with Jesus Christ who fills that holy gap between humankind and God. See the close-up portrait of Michaelangelo's painting of "The Creation." Man is reaching up and God is reaching down; but due to the nature of the creation and the Creator, there is a small gap. Searching the scriptures shows and tells us how this gap is closed—"You search the scriptures, because in them you think you have eternal life; and it is they that bear witness to me." (John 5:39). Religion is a person and a very personal and important matter.

Microwaves may not cut mustard with pork

Most people know that pork should be cooked until it is well done to prevent the chance of trichinosis. The U. S. Department of Agriculture recommends that pork reach a uniform internal temperature of 170 degrees Fahrenheit before serving.

But, according to preliminary studies from USDA, pork cooked in microwave ovens may not reach that temperature without special care.

Microwave ovens cook by exciting water molecules in the food. Since water is not evenly distributed throughout pork, the meat may not cook evenly. In addition, the bone and fat in pork may block microwaves from reaching part of the meat. Too, some microwave ovens have uneven energy distribution.

Because of these conditions, cool spots could be left in the center of the meat or near the bone. The micro-organisms that cause trichinosis and food poisoning thus could still be active. This could mean you or your family might get sick from eating the meat.

There have been no reported cases of any illnesses from pork that was cooked in microwave ovens. But if you follow directions given below, you can make sure that you don't become the first.

To learn more about the safety of

microwave ovens, send for a copy of the Food and Drug Administration booklet, **Microwave Oven Safety**. It's free from the Consumer Information Center, Dept. 553J, Pueblo, Colorado 81009. (AFPS)

How to microwave pork

If you use a microwave oven for cooking, follow this advice to make sure the pork is well done.

First, follow the manufacturer's recommendations for cooking time.

Second, rotate the dish containing the meat several times during cooking.

Third, after the meat has cooked for the recommended time, let it sit for five to 15 minutes to assure an even temperature. To help this process along, wrap the pork in aluminum foil after you remove it from the microwave oven.

Finally, after the pork has been sitting for a few minutes, check the meat with a meat thermometer, particularly near the bone and in the center. If any part of it has not reached 170 degrees, remove the aluminum foil and cook it more thoroughly. (AFPS)

Religious holidays for Jewish faith

Rosh Hashanah (New Year) will be celebrated this year from sundown Monday, Sept. 28 through sunset Wednesday, Sept. 30. Yom Kippur (Day of Atonement) will be observed from sundown Wednesday, Oct. 7 through sunset Thursday, Oct. 8.

Rosh Hashanah and Yom Kippur are days of religious obligation for individuals of the Jewish faith and have special significance for Jewish families.

Oak Knoll chaplains will provide guidance to Jewish personnel concerning local observances.

Chaplains' offices are located on the third floor, Extension 2251.

Baby makes three

Medical Corps Lieutenant Commander Robert H. Hardage, Jr. and his wife Cathy now have a third member of the family to share their mutual birthdate.

Their daughter, Susan Elizabeth, was born here on Sept. 8, the same birthday as her mom and dad.



The following recent additions to the Navy medical "family" have arrived at Oak Knoll:

A baby boy to HN David W. Kitchen, Eye Clinic, and his wife Debbie, Aug. 20.

A baby girl to LT Stephen S. Stewart, Ward 9S, and his wife Sharon, Aug. 20.

A baby girl to DT3 Michael O. Mallorca, Dental, and his wife Lagrimas, Aug. 27.

A baby girl to CDR Narayana V. Bulusu, Urology Service, and his wife Vijaya, Sept. 2.

A baby boy to HM1 James B. Holley, USS MARS (AFS-1), and his wife Carmelita, Sept. 2.

A baby boy to LCDR William C. Runyon, OutPatient Service, and his wife Elizabeth, Sept. 2.

A baby girl to LT Richard Bessette, OR, and his wife Debbie, Sept. 5.

A baby girl to LCDR Robert Hardage, Radiology, and his wife Louise, Sept. 8.

A baby boy to LCDR John R. Howard, Jr., Internal Medicine and his wife Donna, Sept. 9.

A baby girl to LT William D. McKown, Pediatrics Service, and his wife Susan, Sept. 9.

Beauty Shop offers special

Betty has returned and Jaimie has recently been hired at the Naval Exchange Beauty Shop in Bldg. 38, where hair styling is done for both men and women.

The girls are offering an early week special whereby free haircuts are given with all permanents on Tuesdays, Wednesdays and Thursdays.

Jaimie has agreed to work late by appointments on Thursday nights to accommodate working patrons.

Normal operating hours of the shop are 8:30 a.m. to 4:30 p.m., Tuesday through Friday, and 8:30 a.m. to 1 p.m. on Saturday.

Appointments may be made by calling 562-4762.

OFF DUTY

Plan now for costume ball

All active duty and retired officers and their partners



Brian Clarke

from Naval Regional Medical Center Oakland and its branch clinics are reminded to mark their calendars for the Medical Department Masquerade Ball to be held here in the Officers' Club on Oct. 23 from 7 p.m. to 1 a.m.

Costumes are encouraged, but not required, said a member of the planning committee. Prizes will be awarded for: the Best Traditional Costume (such as ghosts, witches, etc.); Best Costume carrying a Current Event Theme; Best Costume with Dental Theme; Best Costume with Nurse Theme; Best Couple's Costumes and Best Original Costume. The J. Hamilton Licht Award will also be presented.

The party will also feature a hearty buffet of Steamship Beef, Shrimp, Oysters, Ribs, and heavy hors d'oeuvres, and dancing to a live band.

Those buying tickets in advance will pay \$13 each; \$15 each after the cutoff date of Oct. 19. Tickets may be purchased from any Chief of Service at the hospital. Those officers in the clinics may obtain theirs through their officer-in-charge.

'Old-timers' party at NAS Alameda

The Naval Employees Association will host an "Old Timers Day" during the afternoon of Oct. 9 at the Alameda Naval Air Station Officers' Club.

The event will honor those civilian personnel of the air station and Naval

Regional Medical Center Oakland who have retired from civil service.

For further information, contact the NEA NRMCC representative, Ms. Gladys Mitchell, 639-2518.

No room at the inn for Fido or feline

If you hope to save a bundle on your travel by using space available lodging on military installations, better leave Rover at home. Military Living's newly revised book, *Temporary Military Lodging Around The World*, lists only a handful of military lodging facilities that allow you to bring your pets.

In their survey of over 1,000 military installations of all services, both in the United States and overseas. Military Living found only two that have their

own guest kennel. They are Fort Hood, Tex., and Fort Huachuca, Ariz. Most other installations not only said "NO PETS," but underline the reply for emphasis.

The book lists lodging for all ranks for as little as \$1.50 per night, with the most quoted rate being \$4. This is quite a savings for those traveling this summer. Modern, motel-type, all-ranks lodging, built in the 70s by all four major services, is listed as well as regular guest house accommodations. Particulars on types of temporary lodging, their condition, renovations, improvements since the last edition of TML, eligibility, reservation information and contact points, phone numbers, facilities, in-out process, and more are listed.

If the new Temporary Military Lodging book is not yet available in the exchange, it may be ordered by mail directly from the publisher for \$6.95-3rd class mail, or \$7.95-first class mail. To order, write to Military Living, P. O. Box 4010, Arlington, Va. 22204.

Basketball news

The 1981-82 Intramural Basketball Season begins Nov. 18 and deadline date for entries is 12 noon, Nov. 4. Entry forms are available in the Special Services Office, Bldg. 38.

A men's varsity basketball coach is urgently needed, according to Ron Brown, Athletics Director.

Women interested in joining the Women's Varsity team are encouraged to make queries.

For further information, call Mr. Brown at Ext. 2350.

U. S. Government Printing Office
1979-33235-689-150/13

MOVIES

Friday, Sept. 25, 6:30 p.m.—DRACULA—Frank Langella, Laurence Olivier—DRAMA/R
Saturday, Sept. 26, 1 p.m.—THE LOVE BUG—Dean Jones, Michele Lee—COMEDY/G
Saturday, Sept. 26, 3 p.m.—MIDNIGHT MADNESS—David Naughton, Deborah Clinger—COMEDY/PG
Sunday, Sept. 27, 6:30 p.m.—BOG—Gloria De Haven, Aldo Ray—DRAMA/R
Monday, Sept. 28, 6:30 p.m.—THE BLACK HOLE—Maxmillian Schell, Anthony Perkins, SCI-FICTION/PG
Tuesday, Sept. 29, 6:30 p.m.—TESS—Nastassia Kinski, Peter Firth—DRAMA/PG
Wednesday, Sept. 30, 6:30 p.m.—THE PILOT—Cliff Robertson, Diane Baker—DRAMA/PG
Thursday, Oct. 1, 6:30 p.m.—I GO POGO—Jonathan Winters, Vincent Price—COMEDY/PG
Friday, Oct. 2, 6:30 p.m.—CHEAPER TO KEEP HER—Mac Davis, Tonya Feldshuh—COMEDY/R
Saturday, Oct. 3, 1 p.m.—RETURN FROM WITCH MOUNTAIN—Christopher Lee, Bette Davis, COMEDY/G
Saturday, Oct. 3, 3 p.m.—THE NUDE BOMB—Don Adams, Sylvia Kristel—COMEDY/PG
Sunday, Oct. 4, 6:30 p.m.—CUBA—Sean Connery, Brooke Adams—DRAMA/R
Monday, Oct. 5, 6:30 p.m.—THE BALTIMORE BULLET—James Coburn, Omar Sharif—COMEDY/PG
Tuesday, Oct. 6, 6:30 p.m.—FORT APACHE, THE BRONX—Paul Newman, Ed Asner—ACTION-DRAMA/R
Wednesday, Oct. 7, 6:30 p.m.—CAVEMAN—Ringo Starr, Barbara Bach—COMEDY/PG
Thursday, Oct. 8, 6:30 p.m.—THE POSTMAN ALWAYS RINGS TWICE—Jack Nicholson, Jessica Lange, DRAMA/R

Flag football season begins

The NRMCC Oakland "Patriots" opened their flag football season on the home field Sept. 12 against Skaggs Island and were flattened by a score of 31-0.

The Central Pacific Regional Flag Football Championship will be held Nov. 16-22, site and time to be announced later.

Following is the home game schedule:

Tomorrow: Defense Language Institute, Monterey, at 1 p.m.

Saturday, Oct. 3: NAS Lemoore, at 11 a.m.

Sunday, Nov. 8: Home season comes to a close with an 11 a.m. game

against USS WICHITA.

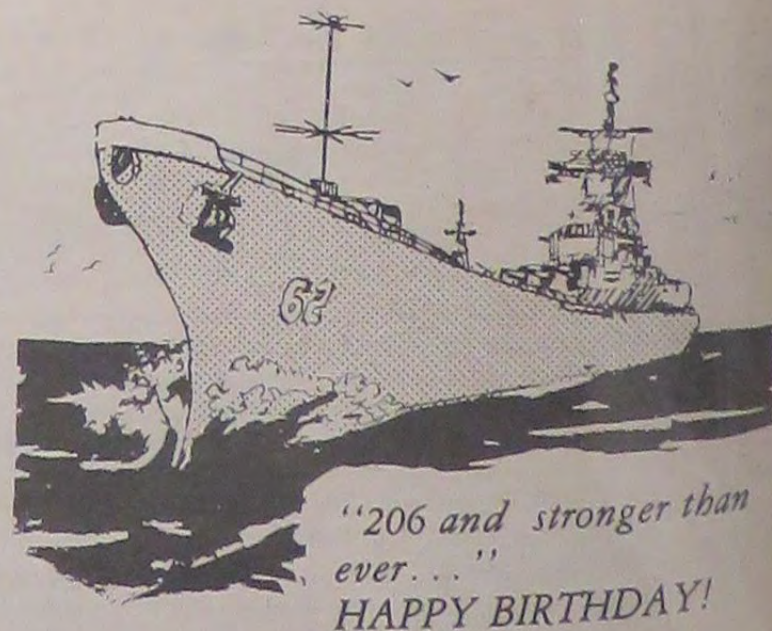
Come out and support the "Patriots!"

Kay trying out for Navy team

Medical Service Corps Lieutenant Alan Kay of Data Processing is at Naval Amphibious Base Little Creek, Va. to attend the try-out session for the All-Navy tennis team, Junior Veteran Division.

He won the Central Pacific Regional Division title this past June.

Navy Birthday party slated at TI Oct. 10



The 1981 Naval Base San Francisco Birthday Ball, celebrating the Navy's 206th birthday, will be held at the Fleet Admiral Nimitz Club, Treasure Island, on Saturday, Oct. 10.

Cocktail hour begins at 6:30 p.m., followed by dinner at 8 p.m. and dancing from 9 p.m. to 2 a.m. to music provided by the Navy Band San Francisco.

Tickets are \$32 a couple, \$16 single. Anyone from Naval Regional Medical Center Oakland interested in attending should contact Mrs. Marge Lesage, Office of the Commanding Officer, Ext. 2111.



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, October 9, 1981



OFFICIAL OPENING—Rear Admiral Walter M. Lonergan, NRMOC Oakland Commanding Officer, and Captain Edward F. Sullivan, Alameda Complex Exchange

Officer, cut the ribbons opening a four-lane fuel island at the new Oak Knoll Navy Exchange Automotive Center.

New automotive center now in operation here

A large crowd attended the grand opening of the new Navy Exchange Automotive Center on base Sept. 30, witnessed the official ribbon-cutting, shared in refreshments, and visited the accessory and parts sales store. A few lucky ones also won door prizes.

Rear Admiral Walter M. Lonergan, NRMOC Oakland commanding officer,

and Captain Edward F. Sullivan, Alameda Complex Exchange Officer, shared the honors of cutting a red, white and blue ribbon opening a four-lane fuel island. Other dignitaries present were representatives of Western Division Naval Facilities Engineering Command, the Oak Knoll Public Works Office, numerous exchange officials

from both Alameda and Oak Knoll, and Kruger Brothers Builders, the contractor.

Retired Marine Corps Lieutenant Colonel J.T. Fox of Hayward was the winner of the grand prize—a complete engine tuneup, lubrication and air-filter and oil change. Other door prizes included floor mats, splash guards, battery charger, a high intensity light, and other automotive items.

The new center, located next to Building 75A, directly behind the Security Office and Civilian Personnel Service, offers expanded service and easier access than the former gas station, now closed, behind the Porthole.

Such items as repair manuals, radios and tape decks, batteries, tires, ignition parts, etc. are now offered for sale at the automotive center. Repair service is also available.

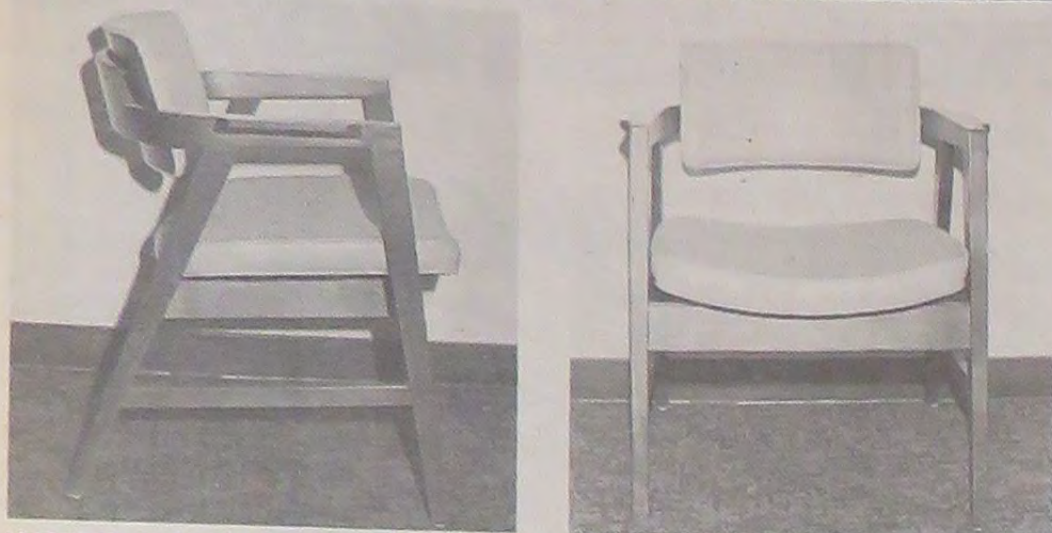


FIRST WITH THE MOST—Retired Marine Corps Lieutenant Colonel J.T. Fox was the first customer at the gas pumps. Coincidentally, he was also the grand prize winner.



THE DRAWING—Captain Edward F. Sullivan, Alameda Complex Exchange Officer, draws the number for the grand prize with Mary Wales, Automotive Services Center manager from Alameda, lending a hand.

EDITORIAL



HAVE YOU SEEN THIS CHAIR'S TWIN?—In mid-September, after the normal duty day, the carpeting in the Oak Leaf/Public Affairs Office on the third deck was cleaned and the office furniture temporarily set outside in the corridor. Two chairs decided to take a walk during that period. One wandered all the way down the stairwell to the second deck, was seen by a responsible staff person, and eventually was returned to its proper office. The other chair, a twin to one remaining, is still UA. This splits up the set of two used for visitors. It is beige in color, with a beige tweed seat cushion and dark walnut frame, arms and legs. If you have knowledge of its present location or can offer clues on its disappearance, contact the Security or Oak Leaf Office. Your cooperation will be appreciated.

Our patients write...

I wish to express my appreciation for the excellent facilities with respect to medical staff and care from the moment I arrived in the hospital emergency area... After the operation, my range of motion and strength... increased steadily with exercise and confidence. I was swimming several weeks ago... when I suddenly realized I... was completely recovered. The generous and dedicated care I had received at the U. S. Medical Center accomplished this good result for me.

On my return visits I have noted how very busy the hospital is by the very large number of sick people in the clinics and wards; and how very good care and prompt service they receive. This is the hallmark of good hospital administration.

I would like to thank every doctor, nurse, corpsman, therapist and office worker who had a part in my admission and care. I would like to recommend Dr. D.E. Brown, the Orthopedic surgeon, having charge of my care, surgery, and excellent recovery. At all times he was interested in my case, encouraging and advising me with various treatments. He has a pleasing personality and is dedicated to his profession...

My appreciation and gratitude to you for my complete recovery.

E.T. Knowles, M.D.
Captain, MC, USN Ret.

...

Approximately 18 months ago, a fellow retiree mentioned the excellent medical and dental service available at Alameda Naval Air Station. Naturally, the dental care is available on weekends when the reservists are on duty...

As a patient (retiree), I would like to commend the Alameda Medical and Dental facility for the excellent care I have been given. Particularly, Dr. Jandl, Dr. Deitchman and Dr. Laquerre for the professionalism and diagnosis of my medical problems. In the dental section Lt. Col. James Perry, USAR, and Ms. Elizabeth E. Cuprak, for their concern and care of my dental needs. All the officers I have mentioned gave me first class treatment and care... These fine officers are dedicated professionals and I am lucky to find such truly honorable personnel...

Additionally, let me close by saying the entire staff—clerks, records, nurse and technicians all deserve a heap of praise for their professionalism in getting me ready for my appointments...

Michael Bosko, USAF Msgrt (Ret)
Pinole

Career Capsules

By HMC Barbara Heep

GUARD III OPTIONS FOR HM/DT RATINGS

The following is applicable to personnel serving in duty Type 1 or 6 (creditable as shore duty):

Four Year Reenlistment

- Homeport or Type 2, 4 or 5 billet in choice of fleet.
- Choice of Type 3 (overseas shore duty which counts as sea duty).
- One-year extension at present activity (if not in excess) for following NECs: 8408, 8409, 8416, 8433, 8444, 8445, 8446, 8454, 8463, 8466, 8472, 8477, 8478, 8482, 8485, 8486, 8489, 8495, 8496, 8503, 8505 or 8541. Each request for this extension is reviewed on a case by case basis.

Five Year Reenlistment

- Any option listed above.
- An 18-month extension at present activity (if not in excess) for NECs listed above.

Six Year Reenlistment

- Any option listed above.
- Choice of valid overseas shore duty (Type 6), except for NECs: HM-0000, 8402, 8404, 8406, 8407, 8425, 8432, 8492 and 8493.
- A 24-month extension at present activity for NECs listed in four year reenlistment options above.
- For NECs HM-8409, 8416, 8433, 8444, 8445, 8446, 8454, 8463, 8466, 8472, 8486, 8503, and DT-8714 and 8765 a cost transfer can be approved to an available shore duty billet.

For eligibility requirements in the GUARD III program see the Aug. 28, 1981 issue of *Oak Leaf* or contact one of the command career counselors.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



Good grooming standards of neatness, cleanliness and safety are essential to your military image. They're not intended to be restrictive nor to isolate Navy men and women from society; they are meant to promote a favorable image for the Navy.

For men, grooming should be neat, clean and presentable at all times. The hair should be tapered around the neck, three-quarters of an inch up from the lower hairline and around the ears. The block cut is permitted as long as a tapered appearance is maintained. Hair will be no longer than four inches and groomed so that it does not touch ears, collar, extend below eyebrows when headgear is removed, or interfere with proper wearing of headgear. (No hair shall show under the front brim of headgear. The "white hat" is worn squarely on the head with the brim measured two fingers above the eyebrows.) The unique quality and texture of curled, kinked, waved and straight hair is recognized and in some cases the three-fourth inch taper at the back of the neck may be difficult to attain. In those special cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. Keep your sideburns neat and trimmed, no longer than the ear lobe. Exaggerations are not permitted. If you wear a beard or mustache, keep it trimmed and neat. The bulk of a beard shall not exceed one-half inch. The length of individual facial hair shall be limited to three quarters of an inch. Personnel assigned duties in direct patient care or patient contact areas will either be clean shaven or wear properly fitted face masks. You may wear a hairpiece or wig on active duty and in uniform only if it is used to cover up baldness or a deformity.

For women, keep your hair clean, neatly arranged and no longer than the lower edge of your collar. Your hair must not show under the front brim of the combination hat. Various hairstyles are permitted, including Afros, as long as they are not exaggerated and do not interfere with wearing of the headgear. Plaited or braided hair may not be worn while in uniform or in a duty status. You may wear pins, combs and barrettes if they match your hair color, but not gaudy ornaments and ribbons. Hairnets are worn only when authorized. The rule for wigs is the same as it is for men. Keep cosmetics in good taste.

The seeming dichotomy between the policy on grooming for male and female members is simply a recognition that there is a difference between the sexes. The establishment of identical grooming and personal appearance standards for men and women would not be in the best interest of the Navy and is not a factor in the assurance of equal opportunity.

The most precious gift of all

In what seems to be an ever-increasing callous attitude among the peoples of the world, it is refreshing to learn that there are still several individuals remaining who show that they really do care.

During the most recent blood drive at Naval Regional Medical Center Oakland such a large number of persons showed up to donate that the collecting crew ran out of bed space and long lines formed, with several potential donors returning to their work sites because they didn't have time to wait. In total, 328 persons were screened by the Blood Bank personnel. This overwhelming response was due in large part to the enthusiasm of the NRMCO Blood Drive keypersons.

Hospital officials are delighted at these results and would like to extend sincere appreciation to all of those who answered the call. During the next collection on Nov. 24 and 25, blood donors will be accepted over a two-day period so that all may be accommodated without delay.

The holiday season, with its unfortunate history of motor vehicle and other accidents, is fast-approaching and blood credits must be built up in planning increased needs.

The gift of life is the most precious endowment one can make in the spirit of Christmas—and in the love of fellow man.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN,
Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of
Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of
Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Oct. 13 anniversary

Officials extend greetings on 206th Navy Birthday



CHIEF OF NAVAL OPERATIONS

THE SECRETARY OF THE NAVY
WASHINGTON, D. C. 20350

NAVY BIRTHDAY 1981

NAVY BIRTHDAY 1981

Navy Birthday 1981 finds members of the Navy team on duty around the globe, both at sea and ashore, working hard to provide our country the capable and effective seapower it requires today. From the Indian Ocean to the North Atlantic, from the Mediterranean and Caribbean Seas to the Pacific, and in countless other parts of the world, Navy men and women are performing with dedication and professionalism. Our Navy is on station and ready.

It is with a deep sense of pride and satisfaction, then, that we pause on the 206th Anniversary of the United States Navy to reflect on the fact that we are the guardians of a rich history and a proud tradition.

As we continue to carry out our awesome global responsibilities, we do so with a strong sense of purpose, as well as the firm support and encouragement of the American people. It is clearly evident today that America is behind its Navy. Earning that support has been a sustained team effort involving considerable sacrifices and hard work by every segment of the Navy--our active duty men and women, Navy families, civilian employees, Naval Reservists, and retirees.

To all of you I offer my sincerest appreciation for your splendid performance, and I send each of you my best wishes as we celebrate Navy Birthday 1981.

T. B. Hayward
T. B. HAYWARD
Admiral, U. S. Navy

Since our last birthday, the Navy-Marine Corps Team has continued in full measure to meet the challenges of a troubled world. Never before in peacetime and seldom in war have such extraordinary efforts and sacrifices been demanded of all of us. We are currently working virtually at our limits. Today, we are truly the cutting edge of U. S. national defense and foreign policy. Your professional response to these pressing requirements has been nothing less than heroic, a fact increasingly appreciated by a grateful Nation. America, in renewing itself, has come to realize the absolutely vital significance that seapower will play in our country's future. You of the Navy-Marine Corps Team are that seapower.

We are now witnessing a much-increased and well-deserved acknowledgement of the prestige of our military professionals, a clear indication of a national awareness that freedom can be maintained only by remaining strong, proud and vigilant. We must all insure that we remain strong enough to resist Soviet intimidation, retain the ability to protect ourselves, and guarantee that the vital interests of our Nation and of our allies are sustained worldwide.

I am very proud of you and I deeply appreciate the immense contributions and sacrifices that each of you and your families are making. Your outstanding devotion certainly warrants the fullest respect and admiration. The greatest satisfactions are often derived from the greatest toil.

Happy Birthday and best wishes to you all.

John Lehman
John Lehman

Drug abuse

CNO clears the record, affirms 'get tough policy'

Chief of Naval Operations Admiral Thomas B. Hayward made two strong points a few days ago about the recent news media coverage given to drug abuse in the Navy.

In an interview with a nationally distributed newspaper, he said he is deeply disturbed by the distortion evident in some media reports, such as one which stated that 60 percent of the crew of USS FORRESTAL (CV 59) had used drugs or alcohol during the last 30 days. The very narrow sampling of a few sailors was taken about six days after the ship had pulled into port following more than 50 days at sea. (The facts were 60 percent of the 424 E-1 to E-4 surveyed said they had used drugs or alcohol once in the preceding 30 days.) He said he wants Navy people to know he has not lost confidence in the professionalism that is so evident in their performance.

CNO said he wants everyone to know that the Navy is aware that it has

a drug abuse problem—and that it has adopted a "get tough" attitude toward solving it. A number of specific corrective measures have been taken recently—aimed both at detecting drug abuse, and giving professional help to drug abusers who truly need and want it.

Admiral Hayward said, "The country needs to know we have the best alcohol rehabilitation program in the nation today. We are determined to create the same kind of professional capability in drug rehabilitation." He added that the Joint Chiefs of Staff are working together on the problem to see that no avenue of possible corrective action is overlooked.

When traditional Navy pride and professionalism is working right, he said, a division or work unit will not allow a shipmate to abuse drugs and bring down the superior performance level it worked together as a team to develop.

Nimmo says no income test now for non-service related illness

Contrary to a previously published report, Veterans Administration head Robert Nimmo announced today that there is no plan to deny medical care to eligible veterans based upon an income test.

According to Nimmo, a recent unauthorized announcement apparently referred to a VA study which attempts to find an equitable means of complying with a Congressional mandate to insure that veterans with non-service related conditions are not given full medical care unless they are clearly unable to pay for such care themselves.

"Thus far," Nimmo said, "no final

income limitations have been determined, no final guidelines established, and no final decisions reached."

"It is clear," Nimmo concluded, "that under today's budget constraints and the soaring costs of medical care the VA cannot continue to provide full medical care to all veterans regardless of eligibility. Whatever steps we ultimately take to contain costs will be carefully designed to insure that no veteran with a service related condition, nor any veteran in dire financial straits, will be denied quality health care by the VA."

A chance to prove we really do care

"We do care" is this year's Combined Federal Campaign motto—not "I gave at the office," which is commonly associated with fund-raising events for charitable organizations.

The ravages of disease, poverty or old age affect a large number of Americans each year. We see the results of these effects every day working in the hospital environment. All of us have a friend, or even a family member, who suffers from an acute or chronic, debilitating illness. Ninety percent of all funds divided from the CFC campaign are distributed to organizations which support medical research or allot grants to charitable organizations which provide support to patients

we see every day.

Rear Admiral Walter M. Lonergan, the Commanding Officer, has directed Lieutenant Larry Kilgore, the CFC Coordinator, to pursue a fund-raising campaign which insures maximum participation. The admiral has also requested that each chief of service appoint departmental keyworkers who are diligent and have a genuine desire to help the less fortunate.

The 1981 drive will commence Oct. 13 and terminate Nov. 22, 1981 at Naval Regional Medical Center Oakland. All departmental keyworkers were required to attend yesterday's meeting in the Clinical Assembly to be briefed on the campaign.

We of the Oak Leaf staff urge everyone to donate generously. Your decision whether to give, or how much to give, is more important in this year's campaign than ever before. Specific questions regarding this year's program may be directed to Lieutenant Kilgore at Ext. 2463.

Feel good about yourself and donate generously.

Staff flu shots set Oct. 13-14

Influenza immunizations will be given to Naval Regional Medical Center Oakland personnel in Staff Sick Call on Oct. 13-14, between the hours of 8 to 10 a.m. and 1:30 to 3:30 p.m. each of the two days.

The annual flu shot program is mandatory for all active duty military personnel and optional for civilian employees of the medical center. Those civilians volunteering for the immunizations must sign a release and present identification.

The 1981-82 vaccine is an inactive trivalent preparation containing 15 micrograms each of A/Braxil/78 (H1N1), A/Bangkok/79 (H3N2), and B/Singapore/79 per 0.5 ml.



FOR YOUR INFORMATION



SHIPMATES—Captain Joseph P. Smyth (center), Director of Clinical Services at Naval Regional Medical Center, Oakland, receives the congratulations of John H. Durgess, Past President of Alameda Branch 87, Fleet Reserve Association, as Durgess' 50th member recruited for the association. Looking on at left is Rear Admiral Walter M. Lonergan, the center's commanding officer, who is a member of Branch 50, Charleston, S.C. With the new membership, Doctors Lonergan and Smyth are now "shipmates" in a double sense of the word.

Open enrollment commences for Survivor Benefit Plan

Public Law 97-35, enacted Aug. 13, establishes an "open period" for eligible members to elect or increase participation in the Survivor Benefit Plan (SBP).

This open period began Oct. 1 and ends on Sept. 30, 1982. An eligible member is a member or former member of the uniformed services who is entitled to retired or retainer pay on or before Aug. 13. Any eligible member who is not a participant in the SBP may now elect to participate.

In addition, any member who is a participant but elected not to partici-

pate at the maximum level, may change from the current base amount to a higher level. Members who maintain "children only" coverage may also change their coverage to include their spouses. When a member makes an election under this provision he will not be entitled to the coverage for a two-year period commencing on the effective date of that election.

An election package will be provided automatically to those retirees affected by this new law by Oct. 10. For more information call Autovon 224-3199.

PMT students complete study, depart for new duty stations

Preventive Medicine Technician School Class 94 graduated in local ceremonies on Sept. 18. The students completed a 26-week course involving all aspects of preventive medicine.

HM3 Wynne Lowman, valedictorian, will be stationed on the USS VULCAN (AR-5) Norfolk, Va. The class spokesman, HM3 Peter McCumber will be next be assigned to the 3rd FSSG, FMFPAC Okinawa.

Following is a list of the rest of the graduates and their new duty stations:

HM2 John F. Andrews, 3rd FSSG, FMFPAC Okinawa.

HM3 Jeffrey Batchelor, USS CARL VINSON (CVN-70), Newport, Va.

HM2 Walter Brock, NRMCO Great Lakes, Ill.

HM2 William ("Bubba") Brown, USS MIDWAY, Yokosuka, Japan.

HM3 Richard T. Broz, Quantico, Va.

HM3 Eugene P. Buie, 3rd FSSG, FMFPAC Okinawa.

HM1 Jamie Buyayo, NRMCO Subic Bay, Philippines.

HM3 Margaret Deason, Naval Air Station Pensacola, Fla.

HM1 Gary Donahower, NRMCO Subic Bay, Philippines.

HM2 Don Francis, Military Sealift Command, Atlantic, Bayonne, N. J.

HM2 Gary Gaines, 3rd MARDIV, FMFPAC Okinawa.

HM2 William R. Gaither, Naval Hospital Roosevelt Roads, Puerto Rico.

HM3 Valkyrie Grimes, National Naval

Medical Center, Bethesda, Md.

HM3 Thomas Malamos, USS JOHN F. KENNEDY, Norfolk, Va.

HM2 Amjad M. Qureshi, USS CAPE COD (AD-43), San Diego, Calif.

HM2 Ronnie E. Ross, USS ENTERPRISE (AD-43), San Diego, Calif.

HM3 Ronald Schoof, NRMCO Long Beach, Calif.

HM3 Zakee A. Shabazz, La Maddalena, Italy.

HM2 Gary A. Shaw, 3rd MARDIV, FMFPAC Okinawa.

HM3 Richard Shepherd, MCLSA Albany, Ga.

HM2 Douglas Ulven, 3rd FSSG, FMFPAC Okinawa.

HM2 Randal I. Vanden Bosch, NRMCO Jacksonville, Fla.

HM2 Donald Wade, NRMCO Okinawa.

HM1 Maurice Wilson, 3rd FSSG, FMFPAC Okinawa.

New BAS entitlements

Effective Sept. 15, an enlisted member is entitled to receive Basic Allowance for Subsistence (BAS) while on an authorized leave of absence, while confined in a hospital, or while performing travel under orders away from a designated duty station, other than field or sea duty.

More information may be obtained from personnel officers.

Plan now for holiday leave

All requests for holiday leave must be submitted prior to Nov. 30, to ensure that all requests will be processed in time.

According to NRMCO Oakland Notice 1050 holiday leave policy for staff personnel is as follows:

• Enlisted:

(a) Christmas leave to commence at end of working shift Friday, Dec. 18, and expire on-board at 7:45 a.m., Tuesday, Dec. 29.

(b) New Year's leave to commence at end of working shift, Tuesday, Dec. 29 and expire on-board at 7:45 a.m., Saturday, Jan. 9.

• **Officers:** Leave for officers (other than interns) during the Christmas and New Year's holiday period will be in keeping with the command policy of retaining 50 percent of the officers in each service on-board. Chiefs of Service will schedule leave with their officers according to this policy and with full consideration of the critical personnel shortage.

• **Interns:** Leave for interns will be granted in accordance with

NRMCOAKINST 1050.6C

Military staff personnel taking leave (other than the Christmas-New Year's season) must comply with the provisions of NRMCOAKINST 1050.6C, which call for the following restrictions:

• Leave granting authorities shall not authorize commencement of annual leave prior to expiration of the member's normal working hours on a day of duty.

• The day of departure from the duty station is a day of duty not chargeable to leave. If no duties are scheduled for that day (i.e., regular day off), leave may commence anytime during the day.

• The day of return from leave shall be counted as a day of leave, except when such return is made at or before 9 a.m., in which case the day of return shall be counted as a day of duty.

These instructions apply only in cases where personnel are granted leave not involving a change of station or emergency leave.

Columbia announces fall classes

Columbia College, which has been offering classes in the Bay Area since 1975, has scheduled 10 classes for its Oct. 19 to Dec. 12 session.

Columbia is fully accredited by the North Central Association of Colleges and Universities and offers two and four-year degrees in Business, Criminal Justice, and Psychology. Because of its close relationship to the Armed Forces, Columbia has a policy of assessing military experience and schools for academic credit.

Scheduled for the Treasure Island campus are: Criminal Law II (6:30-11:30 p.m. Monday); English Comp II (6:30-11:30 p.m. Monday); Introduction to Literature (11:05 a.m.-12:45 p.m. Monday, Wednesday, and Friday);

Business Communications (5-7:30 p.m. Tuesday and Thursday); Money and Banking (8-10:30 p.m. Tuesday and Thursday), and Corrections (6:30-11:30 p.m. Wednesday).

At Hamilton Air Force Base, Columbia will offer Reading and Study Skills (6:30-11:30 p.m., Monday), Public Relations (6:30-11:30 p.m. Tuesday), and Introduction to Business (6:30-11:30 p.m. Wednesday). Personnel Management will be offered at U.S. Coast Guard Training Center Petaluma on Tuesday, 6:30-11:30 p.m.

Interested prospective students should contact Larry Blades or Margaret Kirkpatrick at (415) 397-5613 for additional information.

THE CIVIL LINE

The federal government owes some people some money. Are you one of them? If you are, or know of, an "illegitimate" child of a federal government worker who has died, you or that child may be eligible for government benefits each month.

Who is eligible for benefits? Children of federal government workers are eligible for benefits after the government worker dies. The children do not have to have lived with the federal government worker to receive benefits. In the past, the government refused to give benefits to "illegitimate" children who did not "live with" their Civil Service parent. A recent court decision says that the government cannot do this anymore. If you, or any child you know of, were denied benefits for this reason, you or the child should apply for benefits again. If you or the child never applied for benefits before, you or the child can still apply now if the Civil Service parent died on or after Feb. 24, 1972.

What does a child need to show to get benefits? All the child must show is that he or she was really the child of the federal government worker who died on or after Feb. 24, 1972 but before Jan. 2, 1980. He or she can show this with a birth certificate or with some other kind of proof, such as a court order of support.

How can the child apply for benefits? The child or his or her parent should write to the Office of Personnel Management, P. O. Box 16, Washington, D.C. 20044. When the child or parent applies, he or she should furnish copies of the birth certificate or court support order, or other proof.

How much money will the child get? If the child is eligible, he or she will get monthly benefit payments which could be as much as \$200 per month. Usually, the child will get benefits until he or she becomes 18 years old.

How can you obtain additional information? By writing to the Office of Personnel Management at the address shown above or by calling (202) 632-7700.

Under the Civil Service law, in addition to the matters described above, people who are related to Civil Service employees who have died may receive survivor benefits. These people include husbands, wives, children and others. Such people may file applications for benefits for a number of years after the Civil Service employee's death. If you or anyone you know may be eligible for these benefits, call or write the Office of Personnel Management.

PEOPLE MAKE NEWS

Kudos.....

SPECIAL ACHIEVEMENT AWARDS (CIVILIAN)

Eugene Sarha, Laboratory Service.
Patricia Wooden, Civilian Personnel Service.
Charlotte Newton, Civilian Personnel Service.
Hazel Harlow, Civilian Personnel Service.

LETTERS OF COMMENDATION

Lieutenant Commander Steven Rowley, Medical Corps, Ophthalmology Service, now detached.
Commander Anthony Corolla, Medical Corps, Plastic Surgery, now detached.
Lieutenant Richard Haase, Medical Service Corps, Occupational Therapy, now detached.
Chief Hospital Corpsman Herman Glatzer, OOD Desk, now detached.
Hospitalman Beth Coughenour, Education and Training, now detached.
Dental Technician First Class Steven Anderson, now detached.

LETTERS OF APPRECIATION

Hospital Corpsman Third Class

Richard Shoener, Psychiatry Service, now detached.

Hospitalman Robert Michalek, Operating Management Service.

Lieutenant Commander John Howard, Medical Corps, Allergy Clinic, now detached.

Lieutenant Commander Jerry Goodman, Medical Corps, Medical Service, now detached.

Lieutenant Jerry Thompson, Nurse Corps, now detached.

ADVANCEMENTS

To Hospital Corpsman First Class: Alexander Peralta.

To Hospital Corpsman Second Class: John Harris, Laurel Jenneahn and Patricia Vessels.

To Hospital Corpsman Third Class: Sandra Geer and Thomas McConnell.

RESIDENCY CERTIFICATE

Medical Corps Lieutenant Commander William Hardy, Orthopedics.

GOOD CONDUCT AWARD

Hospital Corpsman Third Class Richard Shoener, formerly of Psychiatry Service.

ORT students complete studies

Operating Room Technician School Class 81003 graduated in local ceremonies on Sept. 18. The students completed two phases of instruction: eight weeks didactic on aseptic technique and 18 weeks of clinical experience in the different surgical services.

HM3 Francisco B. Tacliad, class valedictorian, will join the NRMCL Oak Knoll staff.

Other graduates and their new duty stations are:

HA Thomas C. Balfour, USS CLEVELAND.

X-Ray School graduates 18 students

Basic X-Ray School students of Class 81-006 graduated in local ceremonies on Oct. 2. The students completed both didactic and clinical training.

HN John C. Metzgar was valedictorian of the class. His new duty station will be AFEES, Harrisburg, Pa.

The class spokesman was HM3 Ronnie R. Smith who will be stationed at NRMCL Whidbey Island, Wash.

Following is a list of other graduates and their new duty stations:

HM3 Veronica G. Armstrong, NRMCL Corpus Christi, Tex.

HM3 Andy L. Brown, USS TRIPOLI (LPH-10), San Diego, Calif.

HN William Cloonan, NRMCL Philadelphia, Pa.

HM3 Steven W. Cooper, MCAS, Yuma, Ariz.

HM3 Shelly H. Crawford III, NRMCL Memphis, Tenn.

HM3 Rebecca A. Foley, NRMCL, Port Hueneme, Calif.

HM3 Janice M. Gawel, NRMCL Rota, Spain.

HM3 Kermit R. King, NRMCL Roosevelt Roads, P.R.

Three to receive HSETC training

Three Medical Service Corps officers of this command have been selected to attend a Patient Affairs Officer course at the Health Sciences Education Training Command at Bethesda, Md., Oct. 19-Nov. 13.

They are Lieutenants Arthur W. Fox, Gerald L. Ulmer, and Ensign Michael J. Curran.

HM3 Alechia L. Bellizare, NRMCL Oakland.

HM3 Deborah J. Cooper, NRMCL Camp Pendleton.

HN Harold E. Hawkins Jr., NRMCL Camp Pendleton.

HM3 Mark S. Puckett, Naval Hospital Lemoore.

HN Michael A. White, NRMCL Camp Pendleton.

HM3 Alfred R. Pierre of NRMCL Oak Knoll's Ophthalmology Service also attended the first phase of training.

HM3 Roland Lenoir, Jr., NRMCL Bremerton, Wash.

HM3 Etta C. McCree, AFEES, Cleveland, Ohio.

HM3 Carlos P. Rivera, Aerospace Medical Institute, Pensacola, Fla.

HM3 Debra A. Toles, NRMCL, Port Hueneme, Calif.

HN James M. Tracy, NRMCL Hawaii.

HN David L. Vaughn, NRMCL Key West, Fla.

HN Virgilio G. Vicente, NRMCL Camp Lejeune, N.C.

HN Bobby K. Wood, Naval Hospital, Beaufort, S.C.



RETIREES—"I'm going to play the organ and have a little time now for me," said Myra Adler as she retired from 15 years civil service last week. Mrs. Adler, who has worked as a clerk typist in the Patient Affairs Office for the past 13 years, will be moving to Sacramento where her husband Stan has recently gone into business. Friends at Oak Knoll honored her with a farewell luncheon Oct. 1.

SOM is also basketball star

Hospital Corpsman Third Class Stephanie A. Atkinson, 22, of Patient Affairs has been selected as this command's Sailor of the Month for September.

In nominating her for the honor, her superior officer, Lieutenant Commander John E. Kraft, said "Her pleasing, cheerful disposition makes her an asset to NRMCL as she provides courteous, compassionate and professional service to all eligible beneficiaries." Petty Officer Atkinson serves as the Valuables Custodian for patients and monitors Medical Hold personnel.

With a career goal of obtaining a degree in Administrative Management and eventually earning a Navy commission, Stephanie is pursuing studies on her off-duty time under the Southern Illinois University program.

She was selected for the All-Navy 1980-81 women's basketball team which placed second in interservice competition and is also a member of the 1981 NRMCL Varsity Softball Team. Other sports and hobbies include track and field and creative writing. She is also a member of the Command Recreation Committee.

Petty Officer Atkinson entered the Navy from her hometown of San Bernardino in Southern California nearly



HM3 S.A. Atkinson

two years ago. Oak Knoll is her first permanent duty station following Basic Hospital Corps School. She has also completed a local course in basic coronary care.

She will depart this command in January for a new billet as a general duty corpsman at Roosevelt Roads, Puerto Rico.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed the command:

Lieutenant Commander Steven Rowley, Medical Corps, released from active duty.

Lieutenant Marcia Winchester, Nurse Corps, to San Diego.

Commander Anthony Corolla, Medical Corps, to NNMCL Bethesda.

Lieutenant Commander John Howard, Medical Corps, to Rota, Spain.

Lieutenant Commander Jerry Goodman, Medical Corps, released from active duty.

Lieutenant Richard Haase, Medical Service Corps, transferred to Air Force.

Lieutenant Jerry Thompson, Nurse Corps, to Okinawa.

Lieutenant Commander William Hardy, Medical Corps, to Okinawa.

Chief Hospital Corpsman Herman Glatzer to Okinawa.

Hospitalman Beth Coughenour (Glatzer) to Okinawa.

Dental Technician First Class Steven Anderson to Bethesda.

Boiler Technician Third Class Roger Lewis to USS MARS (AFS-1).

Hospital Apprentice Dennis Paz, honorably discharged.

Hospitalman Jory Harman, honorably discharged.

Hospital Corpsman Third Class Richard Shoener, honorably discharged.

Electrician's Mate Third Class Carmelo Florida to Diego Garcia.

Machinist's Mate/Fireman Apprentice Robert Brophy, honorably discharged.

Dental Apprentice Coral Reynolds, honorably discharged.

Dental Technician Third Class Jill Montez, honorably discharged.

Hospital Corpsman Second Class Scott Marsh, Naval Aerospace Medical Institute, Pensacola, Fla.

Hospital Corpsman First Class Mary Jo Ramsey, Naval School of Health Sciences, San Diego.

Hospital Corpsman Third Class Edward Franks, honorably discharged.

Hospitalman Dale F. Johnson to Navy Unit, Medical Technology, Denver, Colo.

Hospital Apprentice Richard Brehme, honorably discharged.

Hospital Corpsman Third Class Christina Neemeyer, honorably discharged.

"Welcome aboard" to newly arrived:

Lieutenant Commander Joseph Shea, Chaplain Corps, ACDUTRA.

Lieutenant Commander Franklin Day, Medical Corps, Anesthesiology resident.

Lieutenant John Brown, Medical Service Corps, Clinical Psychologist.

Lieutenant David Linstadt, Medical Corps, Treasure Island Branch Clinic.

Ensign Jennifer Abasolo, Clinical Clerk.

Lieutenant Kevin Ruggles, Medical Corps, Neurology.

Lieutenant Richard Holm, Medical Corps, Orthopedic resident.

Machinist's Mate Third Class James Swain, Personnel Support Detachment.

Hospital Apprentice Janis Decuir, Nursing Service.

Hospitalman Jerry Keesler, Nursing Service.

Hospitalman Recruit Louis Tingen, Nursing Service.

Hospital Apprentice Mark Laviolette, Nursing Service.

Hospital Recruit Vivian Riley, Nursing Service.

Hospital Corpsman Third Class Pamela Smith, CSR.

Hospital Apprentice Matthew Coburn, Operating Management.

Former shipmate returns to Navy

Hospital Corpsman Second Class Jesse R. Moye, formerly on the staff at Oak Knoll, reenlisted at Navy Recruiting District, San Francisco on Sept. 18.

He was transferred to San Diego, Calif. for outfitting and further assignment to Electronics Technician Class A School under the SCORE program as a reenlistment incentive.

SPEAKING OF HEALTH CARE

MED • SCAN

A quick look
at recent health care
developments

Beyond the CAT Scanner. Wondrous machines are being invented to reveal the body's mysteries. A recent update by *Medical World News* lists exotic new "imaging" techniques to view the body's interior:

Digital Subtraction Angiography (DSA). This is the least expensive of the new machines costing \$150,000 to \$300,000 each. DSA is a computerized way of improving the images, obtained through a fluoroscope, of blood vessels which have been injected with contrast material. The method eliminates in certain types of diagnostic procedures the need for catheters being introduced into blood vessels. The system does not work on the heart's vascular system.

Positron Emission Tomography (PET). There are only 12 of these machines in the country and they are currently being used for research to determine just how chemicals act in the brain and other parts of the body. Costing more than a million dollars each, they reveal more about the living human brain than any other current technique.

Nuclear Magnetic Resonance (NMR). This machine detects the "fingerprints" of substances in a magnetic field. It can zoom in on a part of an organ and reveal how it is functioning. For example, it can check on one of the chambers of a heart, or locate a specific artery, clock its blood flow and measure its oxygen uptake.

Dynamic Spatial Reconstructor (DSR). A three million dollar gadget lodged at the Mayo Clinic (the machine was funded by the National Heart, Lung and Blood Institute) which provides motion pictures, on a TV screen, of the heart, lungs, and major blood vessels in action. The machine is expected to be an important tool for research on heart muscle damage and hardening of the arteries.

...
In the distant future there may be hope that spinal cord tissue can be regenerated in patients who have suffered an injury which severed the cord. **Researchers are sure that humans, like lizards and goldfish, can be made to regenerate nerve tissue, according to a report in the *Journal of the American Medical Association, (JAMA)*.** They are encouraged by their observation of the lamprey which has brain-to-spinal cord nerve cells. When the spinal cord is severed it regenerates within five weeks. **Scientists are now investigating just why, in higher animals, the observed regeneration process stops too soon.** A bud of regenerative tissue in the human either dies off or connects with the nerve cell right next to it which results in a short circuit. Chemical or electrical stimulation has been suggested, but until the sprouting process can be encouraged successfully, the problem of guiding the regenerating nerve fiber to the right target remains unsolved.

...
Sanity has its price in Russia. A Russian psychiatrist, after interviewing a dissident who had been sent to a psychiatric hospital, made the mistake of judging the dissident totally healthy. He compounded the error by telling Western journalists of his opinion. Late this spring the psychiatrist was sentenced, according to *Science* magazine, to a maximum term of seven years in prison and five years of internal exile. The psychiatrist is the last person connected with the Working Commission to Investigate the Use of Psychiatry for Political Purposes to be arrested or forced to leave Russia. **Each of the Commission's members has been sentenced to a long prison term.**

Training offered for Navy opticians

This command is in receipt of a letter from the Naval Ophthalmic Support and Training Activity, Yorktown, Va., soliciting qualified and motivated men and women to apply for the Naval Optician School.

The training institution provides highly trained opticians to man the Navy's main spectacle laboratory at Yorktown, and its single vision units located worldwide. Currently, there are no sea billets available to Optician Technicians (NEC 8463).

In conjunction with Thomas Nelson Community College, graduates of the optician school can earn an associate degree in applied science (opticianry) by attending lunch-hour college classes offered at the command.

Interested applicants are invited to review the requirements and functions of a Navy Optician as detailed in the Catalog of Navy Training Courses (NAVEDTRA 10500), or contact the local Staff Education Office.

Alcohol, drug abuse counselors wanted

To date, the Navy Alcohol and Drug Abuse Program has been a highly successful effort that has returned significant numbers of trained fleet members to full, productive careers. To continue the program's success, qualified alcoholism treatment specialists (SNEC 9519) and drug and alcohol abuse counselors (SNEC 9522) are needed.

These volunteer counselors work with men and women who have abused alcohol and other drugs to the point that their lives have become unmanageable. There are few jobs as rewarding as that of helping these troubled people come to grips with their problems and begin, again, to live useful lives.

Billets for shore duty-eligible members are available in locations such as

Norfolk, Va.; Corpus Christi, Tex.; Memphis, Tenn.; San Diego; Jacksonville, Fla.; Naples, Italy, and Rota, Spain. To become an alcoholism treatment specialist, one must be an E-5 or above volunteer and have two years of continuous sobriety if he or she is a recovering alcoholic. Service members interested in being trained as drug and alcohol abuse counselors must be E-4 or above. Chapter 9.20 of the TRANS-MAN and COMNAVMIIPERSCOM-NOTE 5356 of Aug. 5, 1980 provide further guidance on application procedures.

For more information, call PNC Netro at Autovon 224-1006/1055/1064/1099, or write Naval Military Personnel Command (NMPC-63), Washington, D. C. 20370. (NES)

Beating the Old Bottle Theme of Special Issue

A special issue postage stamp with the theme "Alcoholism—You can beat it!" was issued recently by the U.S. Postal Service.

The stamp design conveys the message that alcoholism is a treatable disease as attested to by the fact that there are over one million re-

covered alcoholics in the United States today.

The stamp was designed by John Boyd, who is associated with Anagraphics, Inc., a New York City graphics design firm. The all-type design is printed in blue on a white background.



Alcoholism threatening?

Take this test to see

If you've begun to ask yourself how serious a drinking problem you may have or if your husband or wife has begun making pointed remarks, you may be interested in trying the following test.

Choose a quota of daily drinks. Let's say not fewer than one nor more than three. Then have those drinks every day for a period of three months.

Sounds simple, doesn't it? **There's a hitch.**

Once you've set your daily quota, you can't drink more than that number nor less than that number during any one day. This holds no matter what the day may bring.

If during this three-month period someone you love dies, your wife or husband leaves you, or other such undesirable circumstance develops, you still can have only your established quota of drinks. Too, you can't decide not to drink anything either.

Neither can you depart from your established quota for fun's sake. If you've already had your quota of drinks for the day and your oldest and dearest friend comes to call, you must stick to the quota. You've already had it, so no drinking with the old friend.

You aren't allowed to save drinks from your daily quota to allow more for a party. There's no having a week's worth of drinks in one night.

This may well be the most valid test there is for detecting a liquor problem. In the first place, it focuses attention on the excessive drinker's most obvious symptom: the difficulty he or she has in limiting the amount drunk once drinking starts.

Secondly, it undermines the drinker's conviction that so long as he or she can go without liquor during any one day there's no drinking problem.

The test is based on the premise

that "all of us alcoholics" can give it up—that "giving it up" is not difficult at all. It also provides the opportunity for the drinker to realize how dependent he or she is becoming on liquor to soothe away the distress of disappointing or hurtful experiences.

The test, in any event, shows the drinker the exact importance of liquor to his or her daily life.

If, after consuming the daily quota, a drinker honestly does not miss having more allowed under the test, then undoubtedly that person is not an alcoholic. If, however, he or she claims not to miss those extra drinks and then goes on a binge at the end of the three-month period, watch out. **There's a drinking problem.**

If during the test the drinker is unable, for whatever reason, to stay within the established quota, he or she is unquestionably an alcoholic and should seek professional help.

Note that the test is not saying that anyone who has more than three drinks per day is an alcoholic. It does emphasize that anyone who questions his or her drinking behavior enough to undergo the test—and then starts rationalizing his or her way out of it—definitely has a drinking problem. (AFPS)



WITH THE FAMILY

Navy plans for commissary stores

The Navy has submitted a proposed plan to DoD that would result in the more efficient operation of commissary stores and save about 21 percent of the money Congress appropriates each year for their support. The proposal would have no effect on the prices charged to customers, would leave current industry relationships unchanged, and would ensure the continued support of a vital benefit to servicemembers and their families.

The Navy plan calls for the gradual conversion of commissary store employees from the present civil service employees to contract government employees. The savings in commissary store operations would come about because the wage scale used for contract employees is less than the wage scale used to compute salaries for civil service employees.

If approved, the Navy proposal would be phased in over a period of at least two years in order that most of the conversion could be accomplished by normal attrition, thus minimizing the impact on current commissary store employees. Those employees not desiring to convert to contract government employment would be given all

possible assistance in attaining other civil service positions.

In response to a request from the Office of Management and Budget to improve commissary store operations, the Army is testing a plan at two of its stores during FY82 which involves the contracting out of various commissary store functions to outside commercial agencies. The Navy proposed its plan of converting to contract government workers as an alternative.

The Navy plan would preserve the more than 1,200 enlisted sea/shore rotation billets which would be disestablished if the other plan was accepted.

Bazaar, crafts show slated

The Naval Regional Medical Center Officers' Auxiliary has set the date of Friday, Nov. 13 for its annual Bazaar and Crafts Show at the Oak Knoll Officers' Club between the hours of 10 a.m. and 6 p.m.

Profits from this annual event go to the auxiliary's charitable projects.

It's just the place to pick up handmade and unusual Christmas gifts or home-baked goodies. Several professional craftsmen from the Bay Area will also have their wares on sale.

Reserve the date, simplify your holiday shopping—and help a good cause.

Classes to make holidays easier

If you believe in planning early so that you can relax and enjoy the coming holiday season, you may be interested in some classes being offered by the Craft Hobby Shop at Alameda Naval Air Station. They include:

Holiday Food for Thought: A workshop on making quick bread and/or dried fruits as holiday gifts will be held from 9 a.m. to noon on Saturday, Nov. 7. Enrollment is limited and the deadline for signing up is Oct. 30. The \$10 fee includes recipes, ingredient sources and food.

Counting Calories? Here's a good way to enjoy the holidays and watch those calories at the same time. Plan to attend the Low Cal Holiday Foods Workshop on Saturday, Dec. 5, from 9 a.m. to noon. Learn how to make low calorie dips, cakes, quiche and breakfast pastry. Fee is \$10 and enrollment deadline is Nov. 27.

Extra Special Gifts: A toy workshop will be held Tuesday, Nov. 17 for experienced knit and/or crochet students. Learn how to make toy animals and/or doll clothes. Bring a selection of hooks and/or needles and any special trim you may wish to add to the supplied kits. The fee is \$10 which includes materials and patterns. Enrollment deadline is Nov. 10.

Last Minute Gifts: A last minute Christmas gifts workshop will be held from 9 a.m. to noon on Saturday, Dec. 5. Some of the planned projects for experienced only knit and/or crochet students are caps, mittens, towel tabs, potholders, and/or flowers. As with the toy workshop, bring your own hooks, needles and special trim, while a \$10 fee supplies materials and patterns. Enrollment deadline is Nov. 28.

For further information on these or other classes call Nancy Hanson, Special Services, 869-3536, or the Craft Hobby Shop, 869-2962. Visits to the studios and Crafts Resale Store in Bldg. 607 are encouraged.



THE SECRET'S OUT—Chief Hospital Corpsman Herman Glatzer of the OOD's Desk and Hospitalman Beth Coughenour of Education and Training were married on July 4 and kept it a secret for several months before sharing the good news with shipmates and friends. The couple detached from this command last week with orders to Okinawa.

Marriage is topic of luncheon speaker

Missy Chavez, an instructor of a class in marriage principles, will be the featured speaker at a luncheon of the Naval Regional Medical Center Officers' Auxiliary on Oct. 21 in the Officers' Club on base.

The event will commence with a social at 11 a.m., followed by lunch at 11:30 a.m., costing \$5.75 each.

Reservations should be made by 12 noon, Oct. 16 to Marion Smith, 483-0491.

Haase pulls anchor for Air Force duty

After 13 years in the Navy, six of them with Occupational Therapy here, Lieutenant Richard Haase is making a lateral transfer to the Air Force.

He was sworn in Oct. 1 at Travis Air Force Base before departing for training in Texas. In November, he will be transferred to Scott Air Force Base, Ill., where he will head the Occupational Therapy Department.

As he departs the Navy for personal reasons, he says he has no regrets and has enjoyed Navy life. He also feels the success of the Occupational Therapy Clinic here is due to the hard work of the enlisted personnel assigned.

The former Navy Medical Service Corps officer came into the sea service as a corpsman, received technician training in physical/occupational therapy at Bethesda and transferred to Philadelphia where he received a degree in secondary education and later a certificate in occupational therapy.

Classifieds

WOMEN'S UNIFORMS

Three black pants, two skirts, size 8-10 tall, very reasonable and really like new. HM3 Garrison, 639-2003 (leave your number), or 562-8172.

Improperly baked holiday bird can 'cook your goose'

Numerous cases of food-borne illnesses are reported every year during the Thanksgiving and Christmas holiday period.

The foods most often contaminated are turkey and stuffing. Partly responsible is a bacteria called Salmonella, which is inherent in poultry.

If given the right conditions, this bacteria can reproduce to unsafe levels and will cause illness when it is consumed. The most common symptoms of a Salmonella infection are abdominal pain, diarrhea, nausea, vomiting, and fever. The time of onset after eating the infected food is 12 to 24 hours.

The following tips will help insure a safer holiday meal.

- Allow the bird to thaw at least three days in advance in the refrigerator.

- Thoroughly clean and sanitize all areas and equipment that have contacted the bird and gizzards to prevent a later recontamination of cooked foods.

- Prepare stuffing and cook separately in a shallow pan.

- Cook in an oven between 375 and 425 degrees, allowing a minimum of 20 minutes cooking time per pound unstuffed.

- Refrigerate leftovers immediately and try to consume them as soon as possible.—reprinted from "Crossroads," Lajes Air Base, Azores.



The following recent additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to HM3 Gary D. Carmody, USS DACE (SSN-607) and his wife Wendy, Sept. 11.

A baby boy to HM2 Roosevelt D. Savanah, X-Ray Dept., Alameda Branch Clinic, and his wife Mary, Sept. 11.

A baby boy to HM3 Adrian P. Bungubung, Branch Clinic, T.I., and his wife Violeta, Sept. 17.

A baby girl to HM3 Tracy Wood, Lab Service, and his wife Judith, Sept. 17.

A baby boy to Capt. Robert Donnell, Hematology/Oncology, and his wife Charlotte, Sept. 17.

A baby boy to HM2 Buenaventura G. Tupalan, Med Repair, and his wife Marialina, Sept. 18.

A baby boy to CDR Richard Umfrid, Cardiology, and his wife Kathy, Sept. 20.

A baby boy to HM3 Benjamin R. Jaramillo, Ward 5S, and his wife Heather, Sept. 20.

A baby boy to LT John Jennette, Anesthesiology, and his wife Anne, Sept. 21.

A baby boy to HM1 Thomas Scott, USS GALLANT (MSO 489) and his wife Felicity, Sept. 22.

A baby boy to MMC Richard L. Spencer, Public Works, and his wife Karen, Sept. 23.

A baby boy to LCDR William D. Lonon, Orthopedics, and his wife Sandra, Sept. 25.

A baby girl to DT3 Mark E. Hicks, Dental, and his wife Christine, Sept. 25.

A baby boy to LT Marc S. Muramatsu, Internal Medicine, and his wife Paula, Sept. 25.

A baby girl to HM2 Beth M. McKiernan, Surgical Operating Rm., and her husband John, Sept. 26.

A baby boy to LCDR Dennis E. Amundson, Medical Service, and his wife Kathryn, Sept. 27.

A baby boy to LTJG Pauline L. Suszan, 6N and 6S, and her husband Michael, Sept. 28.

OFF DUTY

Medical center team wins sailing regatta

A three-member Oak Knoll team won the Central Pacific Regional Championship in a sailing regatta out of Treasure Island Sept. 26-27, taking one fourth, one third and four first places in six races held the two days.

The Rhodes 19 sloop, skippered by Dental Corps Lieutenant Philip R. ("Randy") Eckman with a crew of Medical Corps Surgery Intern Randal C. ("Randy") Franke and Urology's Hospital Corpsman Second Class Brian Bush, competed against five other

sloops from Navy installations in the area.

Each of the Oak Knoll crew received individual trophies and brought back a command trophy for presentation to Rear Admiral Walter M. Lonergan, NRMCO commanding officer.

All three from the medical center are experienced sailors. Lieutenant Eckman participates in many races. Lieutenant Franke sailed single-handed to Hawaii, and Petty Officer Bush is commodore of the Alameda Naval Air Station Yacht Club.

MOVIES

Friday, Oct. 9, 6:30 p.m.—TOUCHED BY LOVE—Michael Learned, Diane Lane—Drama/PG

Saturday, Oct. 10, 1 p.m.—CANDLESHOE—Helen Hayes, David Niven—Drama/G

Saturday, Oct. 10, 3 p.m.—BEING THERE—Peter Sellers, Shirley MacLane—Comedy/PG

Sunday, Oct. 11, 6:30 p.m.—THE FOG—Adrienne Barbeau, Jarlet Leigh—Horror/R

Monday, Oct. 12, 6:30 p.m.—NOTHING PERSONAL—Donald Sutherland, Suzanne Somers—Comedy/PG

Tuesday, Oct. 13, 6:30 p.m.—TAKE THIS JOB AND SHOVE IT—Robert Hays, Barbara Hershey—Comedy/PG

Wednesday, Oct. 14, 6:30 p.m.—ROAD GAMES—Stacy Keach, Jamie Lee Curtis—Drama/PG

Thursday, Oct. 15, 6:30 p.m.—THE LITTLE DRAGONS—Charles Lane, Ann Sothorn—Comedy/PG

Friday, Oct. 16, 6:30 p.m.—GOING APE—Tony Danza, Jessica Walters—Comedy/PG

Saturday, Oct. 17, 1 p.m.—DARBY O'GILL & THE LITTLE PEOPLE—Albert Sharpe, Janet Munro—Fantasy/G

Saturday, Oct. 17, 3 p.m.—CATHY'S CURSE—Alan Scarfe, Beverly Murray—Drama/PG

Sunday, Oct. 18, 6:30 p.m.—MANHATTAN—Woody Allen, Diane Keaton—Comedy/R

Monday, Oct. 19, 6:30 p.m.—LITTLE MISS MARKER—Walter Matthau, Sara Stimson—Drama/PG

Tuesday, Oct. 20, 6:30 p.m.—DEATH HUNT—Charles Bronson, Lee Marvin—Drama/R

Wednesday, Oct. 21, 6:30 p.m.—EYEWITNESS—Sigourney Weaver, William Hurt—Drama/R

Thursday, Oct. 22, 6:30 p.m.—SUNDAY LOVERS—Gene Wilder, Roger Moore—Comedy/R

Run to benefit police league

Regardless of weather, the first annual "Smokey and the Bandit" 10-kilometer run and fall festival to benefit the Hayward Police Activities League will be held beginning at 9 a.m., Sunday, Nov. 8, from Kennedy Park (near Chabot College) in Hayward. The Community Resources for Independent Living will also receive some consideration from the event, a spokesperson said.

Early registration is \$5 per entry postmarked by Oct. 31. Late and Race Day Registration is \$6 and runners will be registered up until 8:45 on the day of the race. All entry fees are tax-deductible.

The first 250 entrants will receive

free "Smokey and the Bandit Fun Run '81" T-shirts. Awards will be presented following the race at 10:30 a.m. at Chabot College to the top three finishers in each race division. There will also be random drawings throughout the event for all registered runners.

There'll be entertainment for the whole family throughout the morning and community-sponsored booths will feature assorted foods and beverages.

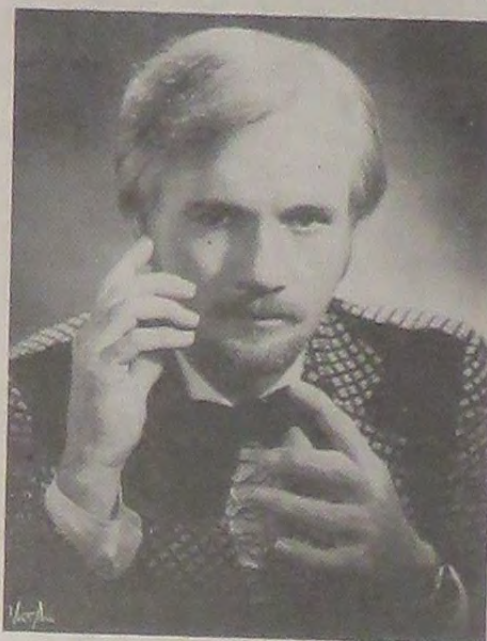
All Oak Knoll runners interested in participating should contact Andre Gilmore, Prosthetics Laboratory, Ext. 2012 or 2013, to register.

drink with picnic tables set up nearby on a lawn area.

To get to Treasure Island, take the Treasure Island exit off the Bay Bridge. AC Transit buses operate from the San Francisco and Oakland areas to Naval Station Treasure Island. Personnel at the main gate will direct you to parking and the entertainment area.

For further information contact the Special Services Department, Naval Station, Treasure Island at (415) 765-5088.

U. S. Government Printing Office
1979-33235-689-150/13



Dr. Ray Beam—Hypnotist

Special attractions at The Porthole

The Spokes Country Western Band returns to The Porthole tonight and Oct. 16 by popular demand of club patrons. This four-piece group will play for four hours each night, from 8:30 p.m. to 12:30 p.m.

...

Another popular attraction returning to the enlisted club on base is Ray Beam, a sensational hypnotist of international reputation. He is booked to appear Monday night, Oct. 19 and Wednesday night, Oct. 21. Beam combines the unusual and the humorous in his act, using only volunteers from the audience as his subjects in a tasteful and safe manner. He is reputed to be a leading authority on the scientific use of hypnosis.

...

Game night is held at the Porthole every Tuesday (7 p.m.) and Sunday (6 p.m.). Regular dinners are available on Tuesdays and the club features a special buffet from 4 to 6:30 p.m. on Sundays.

1981 national military rodeo slated

In Yuma, Ariz., it's that time of year again, you calf ropers and fancy riders.

Break out those batwings and spurs because the Fourth Annual National Military Finals Rodeo is busting out of Chute No. 1, Nov. 13-15.

Top military rodeo performers from around the world will meet to try their skills against stock from Walt Alsbaugah's ranch in Alamosa, Colo. Civilian contestants will compete with military hands in all but the rough stock events.

Prize money, plus the traditional silver trophy buckles, will be awarded to winners.

Contestants may obtain entry blanks and additional information by contacting Pat or Rudy Schantek, 3061 Del

Classic Dart Meet Set



Active duty and retired personnel all services are invited to compete in the Second Armed Forces International Dart Classic Nov. 6-8.

Sponsored by the Commander, Fort Monroe, Va., in coordination with the Department of Defense, the event will be held in Norfolk, Va., with competition conducted by the Tidewater Area Darting Association. It is sanctioned by the American Dart Association.

Full details about the meet can be obtained by writing or calling the Morale Support Division, Headquarters, Fort Monroe, Va. 23651, Attn: Dart Tournament.

Learn to fly cast

Enrollment deadline is Oct. 29 for a three-week fly casting class to be held at NAS Alameda Nov. 5-19, Thursday evenings, 7 to 9 p.m.

Demonstrations and practice of basic casting form, plus information about rods, lines and reels will be given.

All personnel and dependents (teen and above) are welcome to attend. There is a \$15 fee and students must supply their own fly-casting equipment.

For further information, contact the Craft Hobby Shop, Tuesday-Friday noon to 6:30 p.m., or Saturday, 1 to 6 p.m., at 869-2962.

Queen contest too

There's a queen contest too, at the Fourth Annual National Military Finals Rodeo scheduled for Nov. 13-15 in Yuma, Ariz.

Basic qualifications are age 18 or older, married or single, and an active duty military member or a dependent of active duty or retired military. Contestants will compete in horsemanship, personality, and poise.

Those interested should contact rodeo headquarters at the above address and telephone number.

VA Qs and As

Q—What is the maximum amount I can pay for a home using a Veterans Administration guaranteed home loan?

A—The VA guarantees loans obtained by the veterans from private lenders. There is no established maximum purchase for a home. However, no loan guaranteed by the VA may exceed the reasonable property value as determined by a VA appraiser.



National Safety Council

To celebrate this weekend, a variety of events and attractions have been planned. A carnival, game booths, sports exhibitions, bazaar, the Seagull Run, and live entertainment are among the festivities that the general public will enjoy.


Refreshments and concession stands will offer a variety of food and

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.



Friday, October 23, 1981



ENERGY IS READINESS

Department of the Navy ENERGY AWARENESS WEEK October 25-31, 1981

'Energy IS readiness'

1981 begins a movement towards the revitalization of our national defense posture. For the Secretary of the Navy and the Chief of Naval Operations, maintaining and improving force capability and readiness are top priorities. Decisions which must be made in regard to the support of operating forces will be heavily influenced by the cost of energy. These costs, which have nearly tripled since 1975, make it very difficult to maintain the operational capability of our petroleum-dependent ships, aircraft and support facilities. For the Navy and Marine Corps, energy IS readiness, and must not be wasted.

"Energy is Readiness" is the theme for Department of the Navy's fourth annual Energy Awareness Week, 25-31 October 1981. This event is to be promoted by each command as a visible endorsement of energy conservation principles and practices for all hands and the community at large.

BRUCE NEWELL
Rear Admiral, U.S. Navy
Chief of Information

Several plans announced to save energy at NRMCO

Following is a current listing of energy-saving projects for this command and their present status:

- Testing of solid state electronic ballasts for fluorescent lighting and ultrasonic motion detectors for lighting control. The ballasts are currently installed for testing. The motion detectors will be installed in late October or early November. There is a possibility that this step will result in 50 percent savings for lighting.
- Repair of condensate piping and installation of insulation on condensate piping in Bldg. 500. Estimated savings of \$135,000 per year. Awaiting BuMed funding approval.
- Install automatic brush cleaning system on chillers (air-conditioning

units). Approved for ETAP funding in late FY82 or early FY83. Reduces the electrical load. Estimated savings of \$132,000 per year.

- Install manual 15- and 30-minute timers in heads, shower facilities, storerooms, lift room, etc. Reduce electrical load. Estimated savings of \$30,000.

• Replace incandescent lighting with fluorescent in Bldg. 500. Reduce electrical load with minimal reduction of lighting levels. Estimated savings of \$32,000.

- HVAC Revision/Boiler Plant Relocation: Adds a small chiller for light loads, modernizes the boiler plant, and eliminates long steam lines. Originally, estimated savings were \$495,000.

Project is currently being revised to include cogeneration facilities in place of a boiler plant with revised savings of \$800,000 per year, based on a cogeneration feasibility study recently completed.

- Replace shower heads with restricted flow shower heads which are on order. Estimated savings of \$16,700.

• Reduce corridor lighting. Present corridor lighting levels are twice the acceptable levels. Reduction to 50 percent of present levels to be accomplished in November with an estimated savings of \$15,887.

- Pacific Gas and Electric Company energy audit and energy management

training schedule to start in late October with no cost to Naval Regional Medical Center Oakland.

- Covering steam jacketed kettles. Estimated savings of \$1,023.

• Replace 40-watt fluorescent lamps with 34-watt lamps in Bldg. 500. No reduction of lighting levels. Savings estimated at \$20,000 per year. Funding received, material on order.

• Insulation of outlying buildings: Under investigation. Various types of insulation are being considered for the most cost-effective method.

• Heat recovery systems: Various systems and applications are under investigation for cost-effectiveness.

Oct. 30 ceremony

NP School to graduate last class here

Upon graduation of Class No. 81007 on Oct. 30, the Phase II Neuropsychiatric Technician School will close at Naval Regional Medical Center (NRMCO) Oakland, and the second phase of the training mission will be transferred Nov. 1 to NRMCO San Diego. NRMCO Portsmouth, Va., will also continue to offer the Phase II training.

The specialized school began in 1951 as an all-Navy, 16-week course. In May 1976 it became a bi-service program, with the U.S. Army's Academy of Health Sciences offering six weeks' didactic training at Ft. Sam Houston, Tex., and an additional six weeks' clinical instruction here or at NRMCO Portsmouth.

During the period of its existence at Oak Knoll, it is estimated that about 2,700 corpsmen have completed the training and earned the NEC 8485 classification. The last class here numbers only five. They are Hospital Corpsman Third Class Norma Diaz, whose

next duty station will be Okinawa; Hospital Apprentice Thomas Scagliarini, NRMCO Great Lakes, Ill., and Hospitalmen Mark Bennett (Okinawa), Mark Sawyer (Miramar Naval Air Station), and Orlando Powers (NRMCO Oakland).

Special guests at the final graduation ceremony, which will be held in the Conference Room opposite Clinical Assembly at 9:30 a.m., Oct. 30, will be Navy Lieutenant Commander Robert L. Cox, Jr., and Army Lieutenant Colonel Jimmy Allen, both from Ft. Sam Houston. Rear Admiral Walter M. Lonergan, NRMCO Commanding Officer, will be the principal speaker.

Students acquire initial knowledge and understanding of psychiatric illnesses in the classroom phase, receiving instruction in human development, psychopathology, psychiatric

(Continued to Page 3)



LAST CLASS—Five graduates of the last Neuropsychiatric Technician class at Oak Knoll pose with their instructors. Left to right, front row: HM3 Norma Diaz, HA Thomas Scagliarini, HN Mark Bennett, and Instructor HM2 David Burleson. Back row: Lieutenant Commander Clinton Lambert, Officer in Charge of Instruction; HN Orlando Powers and HN Mark Sawyer.

EDITORIAL

Former WAVE tells of WWII Oak Knoll experience

"Oak Knoll Naval Hospital was formerly a country club, so we were expecting all sorts of great things," writes **Marie Bennett Alsmeyer** (one of the first WAVES to report to Oak Knoll in July 1943) in her recently published book, *The Way Of The Waves* (HAMBA Books, 1901 Creekwood Dr., Conway, Ark. 72032).

Continuing, she relates, "What we found 14 miles from downtown Oakland was 183 acres of barren hills that greatly resembled a freight yard. No swimming pools or golf courses, only a scattering of trees down near a winding creek. In the corner nearest the highway was a little Spanish-style stucco clubhouse that served as Ship's Service and was always crowded and hot. Rows of H-shaped, unpainted redwood buildings, clustered closely on the uneven lower slopes, and miles of narrow, covered ramps linked the wards, like rows of dominos. The two-story frame administration building faced a tiny patch of dusty green grass where citation ceremonies were held near the lonely flagpole."

The memories of Marie, my contemporary, do not exactly match mine, but then she was from a little town in Texas and I am a native Californian, and I usually like what I see in the beaches, deserts, valleys, foothills and mountains of my state. Although I was not stationed or employed at Oak Knoll in the early days of World War II, I came to the hospital several times during that period to visit a patient, my cousin. And in my recall, I visualize a lovely, quiet wooded site with well-manicured, bright green grass, rose bushes in bloom, and a climate as mild as the one we enjoy today. (The description of the redwood buildings and administration center, however, do agree with my memories.)

The author's contrary opinion of a dismal place tells me that we all are loyal to our roots, regardless of terrain or weather, and that the little WAVE from Falfurrias in South Texas, was actually a very homesick kid way out here on the West Coast—but a spunky and brave one at that.

For all of us, in and out of service, who remember World War II, and for those younger who never personally experienced that bit of history, *The Way of the Waves* is recommended reading. Those now on the Oak Knoll staff will especially enjoy the light-hearted tale written by one who lived it.

At least one person stationed here with Marie at that time is well known to all of us—**Rear Admiral Walter M. Lonergan**, Commanding Officer, Naval Regional Medical Center, Oakland. In those days he was a corpsman, and the author says of him (on Page 42), "Most corpsmen were called by last names only, like **Rickert**, **Lewis** and **Leonard**. Some however, were always called by their full names: **Willie George Long** or **Walter Lonergan**." (I don't know about Willie, but Walter came a long way, and perhaps whatever inspired his shipmates to call him by his full name

then foretold of his later success.)

After Boot Camp on the campus of Hunter College in the Bronx, Marie completed Hospital Corps School at U.S. Naval Hospital in Long Beach before her assignment to Oak Knoll, where she first worked in Pathology and toward the end of her duty in Occupational Therapy. When she arrived here, there were fewer than 500 patients and a small staff; later there were more than 6,000 patients and a staff of 2,000.

She recounts, from personal experience, the convoys of injured patients, the Port Chicago explosion, the progress of the war in the Far East and European Theater and the sudden death of **President Roosevelt**. She tells of recreation facilities including tennis courts and an amphitheater seating 3,500 persons, built while **Captain F.R. Hook** was in command, and reports that **Kay Kyser** and his orchestra raised more than \$26,000 toward building the swimming pool which is still in use. "In June Kyser dedicated the swimming pool, which he said was a gift from the City of Oakland. The band played 'Take it off, take it off...' and he shed his coat and shoes, then his socks and glasses, and did a belly flop into the bright clear water declaring the pool officially opened."

If you sometimes have the feeling when you stroll the walkways at Oak Knoll that you are walking on hallowed ground, it may be because a great many well-known people were here ahead of us, including **Eleanor Roosevelt**, **Admiral and Mrs. Chester Nimitz**, **Caesar Romero**, **Jose Iturbi**, **Arthur Rubenstein**, **Joan Crawford**, **Princess Juliana of the Netherlands**, **Russ Morgan**, **Orson Wells**, **Joe E. Brown**, **Tommy Dorsey**, **Bing Crosby**, **Helen Keller**, **Bob Hope**, **Helen Hayes**, etc. **John Bradley**, the only non-Marine in the group planting the American flag on Iwo Jima in the famous **Rosenthal** photo, was once a corpsman in Surgery at Oak Knoll. After they built the amphitheater, one of the first productions was a comedy, *"Situation Out Of Hand,"* written by none other than **Leon M. Uris**, a Marine Corps Private First Class and a patient here.

But perhaps these grounds are consecrated, not from the famous feet before ours, but from the trails of the gurneys and wheelchairs that carried some of the lesser known but bravest, best-humored souls to grace this earth. It was a time when Americans and Allies joined together in the common cause of peace—a time of simple good humor to hide the pain—a time when young WAVES could traipse about the Bay Area at night unfrightened and unharmed—a time of mutual courage and respect.

If you'd like a deeper look at the way it was, read *The Way Of The Waves*, now on the shelves of the General Library on base. (B. Beck)

Use your smarts and say 'NO'

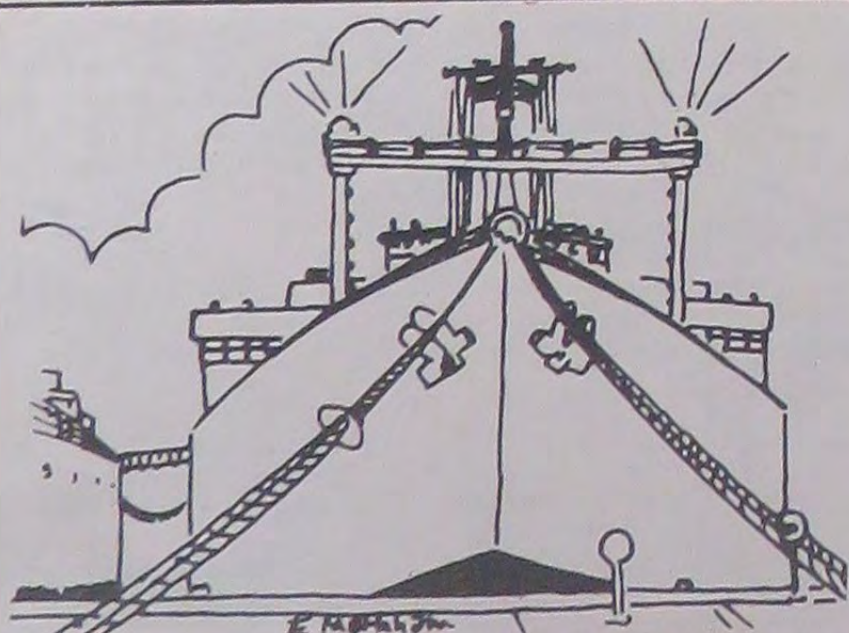
By Capt. Paul Stichick

When one is associated with the military, he or she may hear the word "strength" come up during many conversations, usually in conjunction with talk about military forces and capabilities. However, there is another kind of strength that is also vital to the strength of the nation and its military forces: the strength that each of us has within ourselves.

One of the most difficult times to show that inner strength is when the element of peer pressure is present. If "the gang" is doing something that you feel is wrong, illegal or socially unacceptable, then often it is very hard to say no. Too often, you end up doing what "they" do, while ignoring your better judgment. This is most frequently the case with drugs.

Peer pressure plays a powerful and influential role in the development of a person, and it takes a special kind of person to stand alone in a crowd and say, "I don't get high." Such a response proves to yourself and shows others just how much you can resist the influence of "the gang." Refusing to do something that you feel is harmful to your physical and mental health is merely common sense. Is it sensible to put a bullet in a pistol, spin the chamber, put the gun to your head and pull the trigger? No. And regardless of what people may say, common sense dictates that drugs are not good if they are abused. Only under proper medical supervision can certain drugs be beneficial.

It's no big deal to tell someone what you don't want to do. You do it every day. The only difference is whether you are dealing with your friends or with someone from whom you seek no status or approval. When you are known for "having a good head on your shoulders," you command respect and admiration from those around you. You may even become the leader in your circle of friends. And remember, those people who tend to "follow the crowd" usually do just that for the rest of their lives. Stand up and be a leader—say NO to drugs! (NES)



"Now hear this: due to the fuel shortage we will simulate our forthcoming Med cruise...."

Our patients write...

Since the mid-1970s we have been outpatients of the Oakland Naval Regional Medical Center. Because we live almost 200 miles from the center, we have been writing to the Appointment Desk for both our appointments, requesting they be scheduled the same day or days of the same week to save expense to us. The Appointment Desk personnel have always managed to do this, mailing the chits to us in sufficient time to plan, and if changes are made, an explanation is written on the chit. This excellent service has saved us multiple trips and many telephone calls.

We appreciate the excellent, caring and considerate attention given us by the Appointment Desk personnel. We feel they make a valuable contribution to the success of the Regional Medical Center, and that they deserve recognition for a job well done. They are to be commended for their outstanding contribution to the team effort of the Oakland Naval Regional Medical Center.

Frank S. Prescott, CDR, USNR-Ret.
Mrs. Thelma S. Prescott
Sanger

...

On Aug. 7, 1981, I had the pleasure of obtaining my annual flight physical at the Naval Regional Medical Center Branch Clinic, Moffett Field, and I would like to take a few minutes of your time to provide you with some positive feedback.

From the moment I entered the dispensary you could sense an "upbeat" attitude. Employees (military and civilian) were smart in appearance and professional in their association with the public. Procedures to be followed while filling out physical examination forms and going to the various offices to obtain laboratory work-up, etc., were explained concisely. In fact, I completed my entire work-up and was out of the dispensary in approximately two hours.

When I returned for my follow-on medical examination, the same positive atmosphere was in evidence. Doctor Tanksley provided the most thorough physical that I have received in 29 years of naval service. Doctor Tanksley is an involved human being whose enthusiasm for life is contagious.

Obviously, I have been impressed by the performance of the entire staff (at Moffett Branch Clinic) and Doctor Tanksley, in particular, but I saved the best for last. The primary reason for writing this letter is to assure you that this outstanding service was provided to everyone, airman to four strippers. When people care, everything goes smoother.

Duval S. Woodward
Captain, U.S. Navy

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Friday, October 23, 1981

THE OAK LEAF

Navy winter uniform standards announced

The military staff of Naval Regional Medical Center Oakland and other Navy personnel within the San Francisco Bay Area will begin wearing winter uniforms on Nov. 9.

Uniform of the Day for male officers and chief petty officers will be Service Dress Blue, with Winter Blue as an alternate; for female officers and chief petty officers, Service Dress Blue "A" or "B" with combination hat prescribed, or Winter Blue "A" or "B" with combination hat. Khaki is optional wear for both men and women.

Male enlisted personnel (E1-E6) Uniform of the Day will be Winter Blue prescribed, with either Service Dress Blue or Service Dress Blue Jumper as alternates.

Female enlisted personnel (E1-E6) Uniform of the Day will be the same as that for female officers and chief petty officers.

Working Uniform of the Day in patient care/contact areas only:

- Male officers/CPOs: Summer White.
- Female officers/CPOs/Enlisted

E1-E6: Nurse Corps officers, Indoor Duty White "A" or "B"; all others, Summer Blue "A" or "B", with Indoor Duty White "B" optional.

- Male enlisted E1-E6: Summer White, or Service Dress White Jumper without neckerchief and ribbons.

Working uniforms for the environment where soiling of clothing is expected are working Khaki with combination hat or garrison cap for officers and CPOs, and dungarees for enlisted personnel.

The Uniform of the Day is worn for official work, watch standing, liberty and business ashore, while Service Dress Blue is the prescribed uniform to be worn for winter and summer periods for all official functions where formal, dinner or full dress uniforms are not prescribed and on those social occasions where civilians in attendance would normally wear a coat and tie. The Service Dress Blue uniform will also be worn for less formal ceremonies such as reenlistments, promotions, and awards.

CFC kicks off at Oak Knoll

"People will give to their level of understanding" was the advice expressed by Captain Joseph Smyth, Director of Clinical Services, to NRMCO Oakland keyworkers during a recent Combined Federal Campaign (CFC) kickoff meeting. He charged each and every keyperson to do their utmost.

CFC is the once-a-year solicitation of federal personnel to respond to the

growing and critical needs of people served by more than 300 local, national and international health and social service agencies.

The Payroll Deduction Plan is a "pain-free" method which permits donations to be spread over the entire year. Campaign officials urge you to use this means of making a donation.

C of C to help Navy families find East Bay rental homes

Members of the Military Affairs Committee of the Oakland Chamber of Commerce, in conjunction with realtors of Alameda and Contra Costa counties, are undertaking a project to assist East Bay military families find suitable rental housing in the \$350-\$500 per month price range.

At present rentals are in the process of being identified in the communities

of Oakland, Alameda, San Leandro, Hayward, Fremont, Berkeley, Concord, Martinez and Pleasant Hill.

Mr. Mell Wall, Manager of Special Projects for the Oakland Chamber, said that within three months Housing Referral offices on all East Bay navy bases should have appropriate listings, as well as pamphlets and maps of the communities.

Military pay raise now official

The President signed the new pay raise bill for all military personnel on Oct. 14. The increase ranged from a 10 to 17 percent for enlisted personnel and a 14.3 percent raise for all officers—the largest increases going to the more experienced personnel.

The pay raise became effective Oct. 1. A supplemental, "catch-up" payment was made yesterday for NRMCO personnel.

Career Capsules

By HMC Barbara Heep

The Selective Training and Reenlistment (STAR) Program offers career designation to first term members who reenlist and thereby establish eligibility for the following career incentives: Guaranteed assignment to an appropriate Class "A" or "C" school or "C" school package, Selective Reenlistment Bonus (SRB) if otherwise eligible, and guaranteed advancement to petty officer second class for those eligible upon completion of Class "C" or "C" school package containing courses listed on the current Career Schools Listing. (For HM personnel the only school package available is HM Special Operations Technician Package, which includes Basic Underwater Demolition SEAL/BUDS training and Special Operations Technician Class "C" school.)

The eligibility requirements are to be presently assigned to a rating in CREO Group A, B, C or D, or possess a critical Navy Enlisted Classification (NEC); be recommended by the commanding officer for career designation; have demonstrated above-average career potential and meet considerably higher standards for reenlistment than the minimum standards prescribed; have at least 21 months, but not more than five years of continuous active naval service, and not more than eight years active military service; be a petty officer second class or below eligible for reenlistment; agree to reenlist in the regular Navy for a period of six years; meet the minimum test scores for entrance in the appropriate school; not have a record of conviction by court-martial for the 18 months preceding date of application (not more than one NJP); not have derived any benefits from the SCORE program, and have completed obligated service for other programs.

For more information on this or any other program, see your Command Career Counselor.

Chief of Dental Service to retire from Navy soon

Captain Richard J. Grisius, affable and well-liked Chief of Dental Service here for more than five years, has announced that he will retire from the Navy on Oct. 31 to join the prosthodontic teaching staff at Georgetown University, Washington, D. C.

Dr. Grisius, 46, is retiring from 23 years' active duty, with other assignments at Mare Island; Taipei, Taiwan; Great Lakes, Ill.; aboard the USS SHANGRILA (CVA-38); at Naval Station, Mayport, Fla.; with the Second Marine Division, and on the teaching staff at National Naval Dental Center, Bethesda.

He earned a doctorate in dental surgery from Loyola University in Chicago (his hometown), and a master's in higher education from George Washington University. He took a residency in prosthodontics, and later, a residency in maxillofacial prosthetics at Naval Graduate Dental School, Bethesda. Postgraduate courses include maxillofacial prosthetics at Mayo Clinic, Rochester, Minn.; M. D. Anderson Hospital, Houston, Tex.; Zoller Clinic, University of Chicago and Memorial Hospital in New York, plus other courses at Temple University, Philadelphia, and Lancaster Cleft Palate Clinic, Lancaster, Pa.

His teaching appointments have included those at the Naval Graduate Dental School, Georgetown University, George Washington University, University of California (San Francisco) School of Dentistry, and the Alameda County Hospital Residency Program. At Naval Regional Medical Center Oakland, Dr. Grisius has also been Chief, Maxillofacial Prosthetics, and Mentor,



CAPT R. J. Grisius

General Practice Residency Program. He has presented approximately 50 lectures to professional groups in the last eight years, has authored 11 publications and has three other medical papers in progress.

Dr. Grisius is a diplomate of the American Board of Prosthodontics, and a fellow of the American College of Prosthodontics, American Academy of Maxillofacial Prosthetics, the American College of Dentists, and the Academy of Denture Prosthetics. He is a member of the American Dental Association, the Capital Area Prosthodontic Study Club, and the Bay Area Dental Study Group. He has held offices with three of the associations, and at Oak Knoll, has served on the Executive Council of the Graduate Training Committee and on the Credentials and Head and Neck Committees.

Dr. Grisius and his wife, the former Sylvia Williams, are parents of four sons and a daughter. They will make their new home in Rockville, Md.

Base banking facility to close Nov. 30

The Oak Knoll facility of the Bank of America will close at the end of the business day Nov. 30 because of operating loss, officials have announced.

The bank, a unit of the Eastmont Mall Branch, has been in operation here for more than 37 years.

On Dec. 1, all active accounts will be automatically transferred to the Eastmont Branch, 6900 Bancroft Ave., Oakland. Bank officers said there will be no interruption in service as a result of this change.

Anyone wishing to transfer

accounts to another branch of the Bank of America, or to another bank, must make necessary arrangements at the Oak Knoll facility before Nov. 30, or at the Eastmont Mall Branch after that date.

The Eastmont Branch is open from 10 a.m. to 3 p.m., Monday through Thursday, and 10 a.m. to 6 p.m. on Fridays. VERSATEL, the automatic teller, is available for banking transactions from 6 a.m. to midnight each day.

Credit union on base offers many services

The Alameda Coast Guard Federal Credit Union, with a branch at Naval Regional Medical Center Oakland, offers an annual dividend rate paid on the unused balance in share draft checking accounts of seven percent, paid quarterly.

At the credit union, there is no minimum balance requirement, no monthly service charge and no transaction fees.

And there are five separate savings plans at the credit union too—at least one to fit every savings need. There's the basic share (passbook) savings account, paying seven percent per annum (which can be opened with a \$25 deposit); the new All Savers certificate, paying at this writing 12.14 percent with up to \$2,000 in dividends tax-free; the Small Saver certificate, paying at this writing 13.75 percent annually, and Individual Retirement Accounts (IRAs), where both principal and interest are tax-deferred until at least age 59½. The IRAs pay 12 percent per annum, with expanded benefits effective Jan. 1, 1982.

Safe deposit boxes, in three sizes, are also available at the credit union on base. Each provides an individual private vault for safe storage of valuables.

NP School —

(From Page 1)

nursing and psychiatric therapy techniques. In the second, clinical phase, the students have an opportunity to apply the classroom principles to the actual care of patients under the guidance of an experienced psychiatric Nurse Corps officer and qualified technician.

Nurse Corps Lieutenant Commander Clinton Lambert has supervised the Phase II training at Oak Knoll for the past three years. He has been assisted in the instruction over the last year by Hospital Corpsman Second Class David W. Burleson, who has six years experience as a psychiatric technician.



"Don't forget to turn your clocks back one hour" Oct. 25 at 2 a.m.

FOR YOUR INFORMATION



TRADITION—While military and civilian personnel of Oak Knoll looked on, HMC Dominador P. Datu (left), the oldest enlisted member of the command, and HN Julian M. Gardner, the youngest, joined Rear Admiral Walter M. Loneragan, the commanding officer, in cutting a cake in celebration of the Navy's 206th Birthday. During the observance Oct. 13 in the main dining room of the hospital, HMC Barbara Heep also read a birthday message from Secretary of the Navy John Lehman.

GI Bill educational benefits end this year for some vets

Time is running out for approximately 900,000 veterans to use educational benefits of the GI Bill, now in its 37th year, a VA spokesman reports.

According to the spokesman, about one-fifth of the 4.3 million eligible veterans will lose their eligibility for benefits this year. The law permits a veteran to use the education benefits within 10 years following discharge from active service, or by Dec. 31, 1989, whichever is earlier.

From June 22, 1944, when the first measure was signed by President Roosevelt, through June 30, 1981, 18 million veterans, at a cost of \$51 billion, have received assistance under the GI Bill.

About 35 percent of all trainees have been Vietnam-era veterans. This year the GI Bill will assist in the education of more than 800,000 Vietnam-era veterans.

More than 7.8 million World War II veterans were trained under the original measure, about one-half of all those eligible. Another 2.4 million, or 43.4 percent of those eligible, studied under the Korean plan, and nearly 7.8 million Vietnam-era and Post-Korean veterans and service personnel have thus far participated in the current program. Some 65 percent of the Vietnam-era veterans eligible have received training.

A new program, which requires financial participation by service personnel, is available for those who entered the military after Dec. 31, 1976.

Veterans who want more information on GI Bill eligibility should contact the nearest VA regional office, a veterans service organization representative or a county service officer.

Three jobs open

Three job openings have recently been announced by Civilian Personnel Service of Naval Regional Medical Center Oakland.

A Management Analyst, GS-9 or 11, is needed by Management Information Service at Oak Knoll. Applications will close Oct. 28 and questions should be directed to Christine Lessler, Ext. 2116.

A Nurse Practitioner (Family), GS 9 or 11, is required for the Branch Clinic, Naval Support Activity, Mare Island. Applications for this job will also close Oct. 28 and more information may be obtained from Ms. Lessler.

Public Works Service needs a Mechanical Engineer, GS-5, 7, 9 or 11. Applications will be accepted through Oct. 27, or until filled. Call Ext. 2116 for further details.

Chaplain's Corner

Religion and the Sea

By Chaplain M.D. Seiders
Captain, CHC, USN

"They that go down to the sea in ships, that do business in great waters. These see the works of the Lord, and his wonders in the deep. For He commandeth, and raiseth the stormy wind, which lifteth up the waves thereof. . . He maketh the storm a calm, so that the waves thereof are still. O that men would praise the Lord for his goodness and for his wonderful works to the children of men!"—Psalm 107:23ff

From ancient times the sea has kindled in the hearts of those who ventured forth upon the vastness of its waters feelings of fear, awe, and reverence. Sea life has always been thought congenial with religious feeling. An old Latin proverb from Horace says, "Qui nescit orare, discat navigare," which, freely translated is "Whoever would learn how to pray, let him become a sailor."

The Navy chaplain has particular help in his work. The very ocean itself comes to his aid. In its calmer aspects, it suggests the serenity, mystery, immensity, and irresistible energy of God; and in its wilder moods His power, majesty, and awfulness. In all moods it is a constant reminder of man's littleness and dependence and has stimulated him to resourcefulness, courage, heroism, and self-sacrifice.

The Old Testament is replete with illustrations from the sea: "The Sea is His and He made it." "God does cast our sins into the sea of his forgetfulness." And one day "righteousness shall cover the earth as the waters cover the sea."

Among Jesus' 12 disciples were several sailors from the Sea of Galilee. He sometimes used a boat as a pulpit. Fascination at the One who "walked on the water and commanded the waves to be still" will continue as long as the world stands; and wonder—why couldn't Peter have enough faith to do likewise? The early church fathers referred to the church as the Ship of Salvation and compared it to Noah's Ark. The vaulted ceiling of a church was likened to the inverted keel of a ship and the main portion of the church, apart from the chancel, was called the nave from the Latin "navis," or ship. Figures of speech from the sea occur frequently in Christian liturgy and hymnology. "Jesus, Savior, Pilot Me" and "Jesus Calls Us O'er the Tumult" are but two examples.

All of the Bible is really encompassed in the story of the sea. Recounting the Creation itself, the first book mentions the sea in Genesis 1:10, which says "and the gathering together of the waters God called the seas." The Bible's last book mentions the sea in Revelation 21:1, which predicts the completion of all things. "And there was no more sea. . . Therein is contained the parable of our own lives—a few years ago, we were not yet made—a few more years and we shall be no more. But the Lord God is from everlasting to everlasting!

Four VA programs trimmed in budget

By ending or reducing four Veterans Administration programs that failed to achieve their original objectives, an estimated \$110 million will be saved in the Fiscal Year 1982 budget, a VA spokesman reports.

This saving will be effected, the spokesman said, without curtailing important veterans benefits.

Congressional legislation signed into law by the President in August ended most subsidized flight training; reduced payments for correspondence training; put several restrictions on education loans to veterans receiving education payments, and changed dental and burial benefits for some veterans.

The programs and savings involved are:

—**Flight training.** Effective Oct. 1, VA payments for flight training ended for all those not participating in the program on Aug. 31. Those who enrolled in flight training in September will be paid only for flight training performance before Oct. 1. In July 5,840 veterans were receiving benefits for flight training. Elimination of the program will save \$14.1 million in FY 1982.

—**Correspondence Training.** Based on a number of studies that show an extremely high dropout rate among trainees enrolled in correspondence

training programs, and a high incidence of fraud and abuse, the law now requires that vets who train in correspondence programs share a larger part of the cost. The amount reimbursed by VA for such programs was reduced Oct. 1 to 55 percent of the cost of training rather than the present 70 percent. Estimated savings in the next fiscal year will be \$3.2 million.

—**Education Loans.** Ending for most veterans on Oct. 1, is a special program through which GI Bill students could receive, in addition to their GI Bill payments, low interest loans from VA. A savings of approximately \$6 million is expected from sharply curtailing this program in FY82, avoiding the losses from the high default rate in the loan program.

—**Dental Care.** The period of time under which former servicemen could get free VA dental care for up to a year after leaving military service has been reduced to 90 days. This reduction will save an estimated \$17.7 million.

—**Burial Benefits.** A burial allowance of \$300, previously available to all war veterans, will be limited to veterans eligible for VA pension or compensation and to those who die in VA medical facilities. The estimated savings is \$75.2 million.

Lab Service offers refresher

Laboratory Service will offer a two-day voluntary refresher course in laboratory technology for interested personnel on Nov. 3-4 in the Lab Conference Room, Bldg. 500.

All requests to attend must be submitted by Oct. 31 to Chief Hospital Corpsman Taivale Tautalatasi, Chief Medical Technician, Laboratory Service, Ext. 2283.

Plans are to hold the refresher training twice yearly.



ENERGY SUPPLEMENT

NRMCO energy team enforces conservation

Although saving energy at this medical center (and anywhere else, for that matter) is an all-hands job, there are several officials and personnel designated to see that this objective is carried out.

The Energy Conservation Committee at Oak Knoll is comprised of Commander Frank Fisher (Director of Administrative Services), chairperson; Machinist's Mate Richard Spencer (Energy Conservation Manager) recorder; Lieutenant Commander Bernard L. Rabold (Chief, Public Works Service), Lieutenant Commander Joseph J. Criscitiello (Chief, Operating Management Service), Captain J.A. Emal (Director of Nursing Service), Captain Sandro R. Sandri (Chairman, Medical Service), and Master Chief Hospital Corpsman Charles R. Dackerman (Command Master Chief). This committee reports to the Commanding Officer and monitors, on a monthly basis, the consumption of energy at the hospital.

Each Chief of Service at the medical center also appoints energy conservation monitors for his/her assigned area whose duties involve ensuring that unnecessary lights are turned off, windows closed, and other conservation guidelines enforced.

Personnel serving as energy monitors include: **Patient Affairs Service:** HM3 Leslie B. Hopper, HM1 Antonio F. Alvarez, and **Patient Affairs, 7 South,** MMC Kenneth J. Daum; **Neurosurgery:** Sue Holm; **Food Management:** John E. Campbell, Johnnie L. Campbell and Woodrow W. Stuart; **Alcohol Rehabilitation:** Isaac Starke; **Pastoral Care:** RP2 Brian Carroll; **Psychiatry:** HM3 Azer D. Baucom; **Laboratory:** HM1 Shelley A. Gofstein; **Clinical Investigation Center:** HMC Eddie B.

Johnson; Pharmacy: LCDR Melvin T. Baxter; **Military Manpower:** HM2 James Donadio; **Dental:** DTC Donald E. Hritz; **Outpatient Administration:** HMCS Andre Latigue and Delores Robinson; **Urology:** CDR George Gavrell; **Ophthalmology:** HM2 Aurelio S. Esquerro, Jr., and HM2 Pierre Alfred; **Comptroller:** Susan Stark; **Anesthesiology:** CAPT D.J. Sass; **Preventive Medicine:** HM1 Rodney Jaynes; **Special Services:** John Harkness and SH2 Ronald Abad; **American Red Cross:** Paul M. Anderson and A. Lucille Barry; **OB/GYN:** Gladys Lowe; **Medicine:** Ollie Johnson, Bertha Paul and LTJG Theresa L. Finch; **Consolidated Package Store:** Linda Ostrand; **Dermatology:** HM3 Nancy Marchionda; **Administration:** Gloria Lars.

Also, Officers' Club: Cynthia Brown; **Otolaryngology:** LCDR James M. Hicks; **Orthopedics:** HM3 James J. LaVenture; **Radiology:** HMC Crispin R. DeRosas; **Civilian Personnel:** Hazel Harlow; **Operating Management:** MS1 Avelino G. Lopez, HM1 John D. Colony, OSI Randy W. Franks, and Bill Wittington; **Personnel Support Detachment:** PN2 David M. Skeeters; **Management Information:** Jim Cogley; **Surgery:** HM1 James A. Carter III; HM2 Aurelio B. Picart, and HM2 Beth M. McKiernan; **Pediatrics:** Lenore H. Brady; **Nursing:** CDR Shirley Hicks, CDR Bernice Spanier, CDR Rosemary Murphy, LCDR Karen Born, LCDR Pat Mailander, and LT Arthur Fox; **Supply:** Al Hansen.

If you see energy being wasted anywhere within your working area, or have suggestions to conserve it, contact the appropriate person listed above.

PG&E reps to speak

The Pacific Gas and Electric Company will provide two lecturers to Naval Regional Medical Center Oakland during Navy Energy Awareness Week.

At 9 a.m., Oct. 28 in the Clinical Assembly, Mr. Maurice Nelson of PG&E will address all medical center energy monitors on conservation methods. Other staff members desiring to sit in on this training are invited to do so.

In the main hospital dining room on Oct. 29 at 1:15 p.m., Ms. Betty Ferlin of the PG&E Oakland Office will discuss ways of saving energy in food preparation. All Food Service personnel are expected to attend.

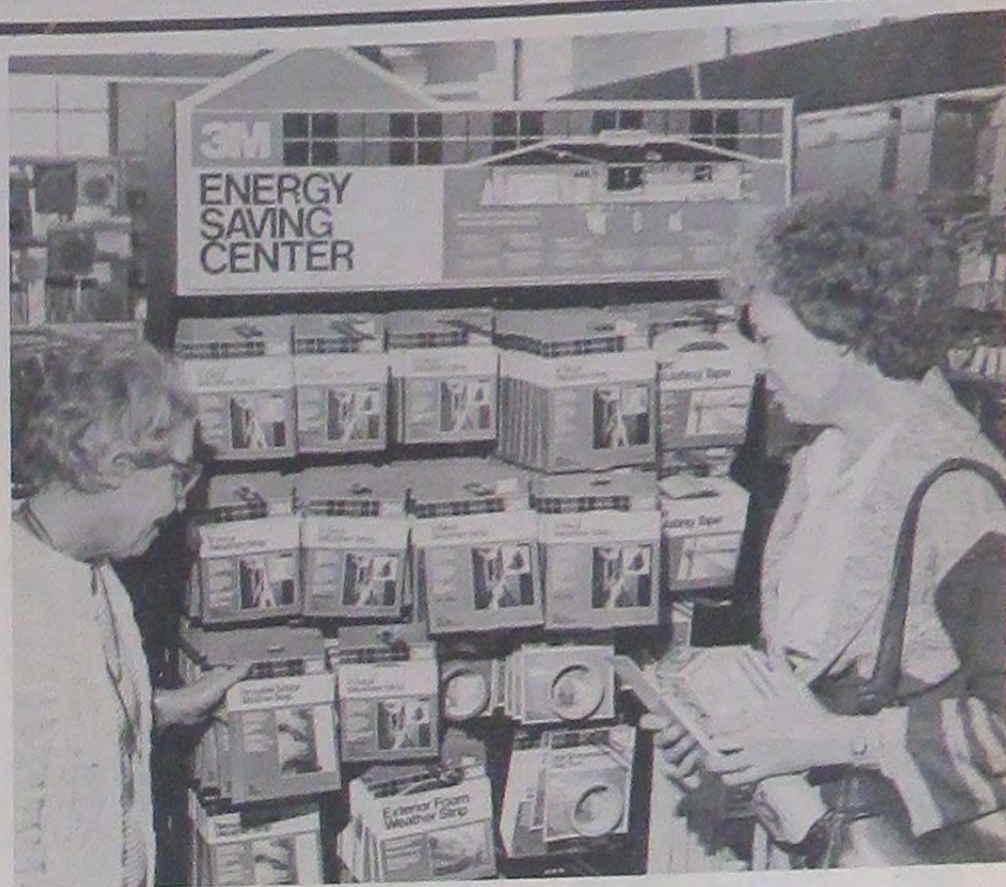
VA to help home-buyers finance energy savers

The Veterans Administration (VA) has announced a new program to help veteran home-buyers finance energy-saving home improvements.

Under the plan, the cost of such items as solar heating and cooling systems and insulation and storm windows can be added to the mortgage balance when installed in conjunction with the purchase of an existing home.

Improvements can be financed for up to 30 years without any down payment and usually can be made after the VA has approved a loan without further government involvement.

Eligible veterans who are interested can discuss the program with loan guarantee specialists at their nearest VA regional office or with their lenders. (NES)



SEALING AND SAVING—Gloria Deis (left), Mini Mart manager at Oak Knoll, assists customer Pat Crum in selecting weatherstripping to save on home heating bills for the winter season.

Energy saving specials offered at Navy Exchange

The main Navy Exchange at Naval Regional Medical Center Oakland will feature a special Energy Saving Sale during Navy Energy Awareness Week, Oct. 25-31.

Items such as light dimmers, draft sealers, foil-backed duct tape, caulking,

pipe insulation wrap, water-restricting shower heads, weatherstripping, window weather seals, heat and air defectors, and axes for chopping wood to burn in fireplaces and stoves are some of the products attractively priced for "do-it-yourselfers."

Mobile conservation van to visit

A traveling exhibit will soon show military and civilian personnel of Naval Regional Medical Center Oakland how to eliminate energy waste in their homes.

Pacific Gas and Electric Company's mobile Energy Conservation Center, which is chock full of information on efficient appliances, home insulation and other energy-saving techniques, will visit Oak Knoll on Oct. 29, as part of the program marking Navy Energy Awareness Week.

Admission to the mobile center is free. The exhibit will be open to the public from 7 a.m. to 4 p.m., Thursday in the circle next to the main hospital building.

The van uses a "hands-on" approach to show visitors where energy comes from and what are the major users and wasters in the home.

Among the 17 displays is information on the different kinds of insulation,

samples of storm windows, weatherstripping and caulking, and ways to keep appliances running efficiently.

The center also shows the conservation programs and services that are available to PG&E's residential customers.

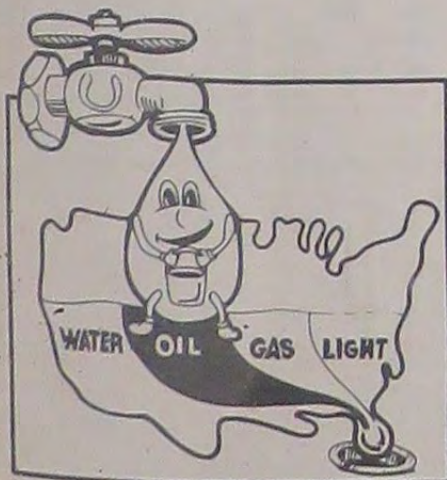
Visitors are challenged to an energy quiz that tests their knowledge of home conservation methods.

A model passive solar home shows how architecture can combine structure and design to use the sun for natural heating and cooling.

In addition, a PG&E representative will be on hand to answer any questions visitors have on efficient energy use in their homes.

The exhibit is part of PG&E's continuing effort to help its customers reduce California's dependence on costly foreign fuel oil and to conserve natural gas.

CONSERVE ENERGY



BEFORE IT GOES DOWN THE DRAIN

BUMED conservation goals

1. Twenty percent reduction in energy use per gross square foot of building floor area by 1985 as compared to adjusted FY 1975 baseline.

2. Fifteen percent reduction (from 1975) in vehicle fuel consumption by 1985.



ENERGY.
We can't afford to waste it.

What steps have you taken over the past year to save energy



"I turn off all the lights in the apartment in the daytime and make sure they are off at work. (I) almost never watch TV."

--Betty Martin, Mail Room



"(I) bought a compact car which gives me twice the gas mileage. (I) use a solar swimming pool, have thermal insulation on the windows, and am always shutting off the lights."--LCDR Karen Born, Nursing Service.



"Make sure we turn all the lights off on the wards, and keep them off when we aren't utilizing them. At night we turn off the lights in CSR and the doctor's office. (The other) lights are dimmed at night."

--LT Lawrence Graheck, 7N Orthopedics



"Turn down the thermostats and keep a fire in the fireplace at night. (I) also use a little space heater."

--Marge Lesage, CO's Secretary



"At home I have installed insulation in the ceiling and walls."

--Weldon Miles, Deputy Equal Opportunity Officer



"(I) rubber-caulked windows around the house, rewired the house, tuned-up the truck, balanced the tires, and rebuilt the tension on the truck."

--HM2 Terry Cummings, Personnel Support Detachment



"My home electric bill is very low, less than \$10. I make sure lights are off when they can be (and) that no water is dripping. I own a Honda wagon which takes regular gas."

--LT Suzanne Belmore, 8th Deck



"Converted my car to propane; combined night and day crews, and see that all lights are secured at night when not in use. Here's a formula that works in any service: 'If you leave before you start, you'll have to come back, but if you wait until after you're gone, you'll already be there and one trip will take care of two.'"

--Fred Taylor, Housekeeping Officer



"By turning down the water heater to minimum requirement. I turn it up only when I wash clothes in hot water once a week. (I) keep thermostats down to 58 degrees at night, but have to turn it up a little in the day because I have an elderly person living with me. Also, I have insulated the attic... and put a storm door on the front door (tax deductible)."

--CDR Dolores Anderson, Assistant Director (Administration), Nursing Service.



"Kept only one side of the lights on in the wards this summer to keep it cool and conserve energy. At home, I keep the heat down, with the temperature set at 68 degrees or below."

--LCDR Cathleen Beto, 9 West



Friday, October 23, 1981

(in any form) either at your work site or in your off-duty life?



"Don't turn on the heat anymore! I wear leotards, bathrobes and warm sleepers around the house. Last year I used to turn on the heat at the drop of a dime. Now I unplug all equipment and shut off all the lights."

--Nancy J. Clarke, Personnel Support Detachment



"Dim lights as best as possible. Turn the lights off after cleaning the restrooms."

--Moses Walker, Housekeeping



"Generally speaking, I open the windows in the summer at work instead of using the air-conditioning. I use heat only in very cold mornings and do not turn it on until it goes to 65 degrees in the office. We are very conservation-minded. In 1979 we used bath water to water the lawn. (We) reuse paper bags for groceries, and save aluminum cans and bottles."

--Robert Bernhardt, General Library



FOR SHORT TRIPS—WALK
SAVE FUEL



"At home, I turn off lights all the time and don't turn on the heater. Here at school, we keep good maintenance on the building. A few radiators were taken out of classrooms for repair, and we found once they were gone we didn't need them. Classrooms not in use always have lights off."

--HM1 Rodney Jaynes, PMT School



"Shut off the lights in the office—while people are still in it!"

--RP2 Brian Carroll, Pastoral Care Service



"... in the medical profession... you usually go home and sleep when you do go home, so there's no point in turning any energy resources on. (I) never use the TV or iron. (My) husband and I walk to work together and use human energy. (Also), make meals that can be used as leftovers so you use a lot less heat at each meal."

--LT Kathleen Dale, 9 West (intern)



"At home I reinsulated the house and installed solar heating for the swimming pool and hot water. I put in solar screening in all the windows (for phenomenal tax credit); bought a much smaller car, (and) yell at the kids when they turn on the air-conditioner and don't turn off the lights."

--Rick Suerth, Management Analysis



"At work run around turning off lights (elsewhere) while doctors are in the surgery. I keep the coffee pot unplugged until I want a cup, make only what we need so we don't have to keep it plugged in all day; turn radios off in offices when no one is here. At home, caulk windows, put plastic on doors and windows to conserve energy; keep the heat off in summer; turn the water heater very low, and never dry dishes in the dishwasher. Hang the sheets outside; they look and feel better. (I) make more than one meal at a time. This way all I have to do is reheat it and don't have to cook as often."

--Ramona Dodd, Dental Service



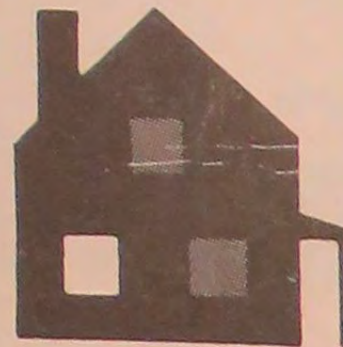
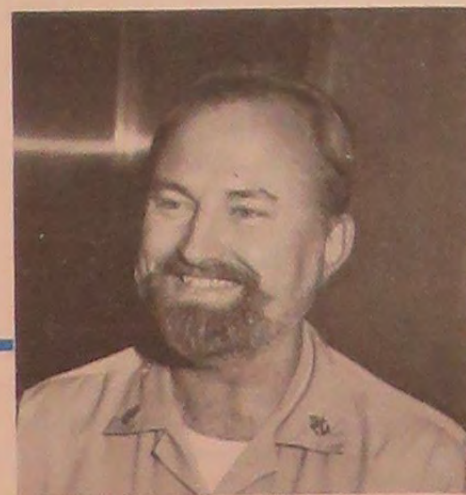
"Keep the thermostats down; use microwave for cooking instead of the oven."

--HM2 Mike Mills, Medical Repair



"I insulated the attic, keep the cars tuned-up, and shut off lights all over the house. In the office, check that typewriters and fan are off at night. We conserve on energy because everyone types at a high (speed)."

--HMCS Jerry L. Price, Military Manpower Service



"DE-LIGHTED" TO SAVE ENERGY

ENERGY IS READINESS

Conservation guidelines at this medical center

- Close all windows and doors in any building which is being mechanically heated or cooled. Report inoperable or misaligned windows or ill-fitting doors to the energy conservation monitor assigned to your area.

- Use exhaust fans and hoods only when actually needed while operations are in progress. Turn off lights and fan in toilet areas and gear lockers when leaving.

- Do not operate window air-conditioners and portable heaters. The use of table fans or opening of windows to circulate air in buildings being mechanically ventilated is prohibited. Specific locations for supplementary heating/cooling appliances must be approved in writing by the energy conservation manager after sufficient justification has been provided.

- In cool weather, when the sun is not shining, draw the drapes or close other interior shading devices to prevent heat loss to cold window surfaces. Conversely, keep these devices open in cool weather when the sun will warm the room interior.

- Do not attempt to adjust or defeat any central environmental control mechanism. Thermostats are pre-set to provide a maximum heating temperature of 70° F in winter and minimum cooling temperature of 78° F in summer, except in certain critical areas. Report suspected waste to the energy conservation monitor in your area for appropriate action.

- Smoking is permitted only in those areas designated.

- Schedule energy-consuming maintenance operation such as vacuuming, running buffers, etc. to minimize actual time in use. Use human energy whenever possible.

- In cooled spaces, turn off devices which generate heat when not needed: e.g., cooking equipment, coffee makers, extraneous lighting, and motor-driven machinery.

- Defrost refrigerators and freezers when the frost accumulates to 1/4" thick. Excessive frost decreases efficiency, increases energy consumption, and shortens compressor life. Observe effective temperature limits and do not "over-cool" contents.

- Develop an electrical equipment check schedule to meet minimum inspection levels without over-testing.

- When using laundry equipment, use cold water washes and rinses when possible. Set gas or electric dryers for minimum time and temperature required. Clean the lint filter before each load. Air-dry clothing whenever possible.

- Turn off office and business machines when not in actual use.

- Take the stairs to reduce elevator loads; walk up one floor and down two.

- In general, dirty equipment consumes more energy. Where applicable, keep filters clean, lubricate as required, keep belts tight, and request preventive maintenance when needed.

- If domestic hot water is so hot you can't hold your hand under it, it is wasting energy. Report these locations to your energy conservation monitor.

- The manufacture of many synthetic items consumes petroleum. Reduce waste; use only what you need to accomplish the task.

- Turn off televisions and radio equipment when not in actual use. Educate patients to do the same.

- Conserve hot water; limit showers to five minutes.

- Arrange office spaces and work stations to maximize the use of daylight and natural heat gain or cooling effects.

- Turn off lights when not needed, or when leaving the room.

- Fuel conservation for government and private vehicles: Observe posted speed limits; keep tires properly inflated; use gasoline having the lowest octane rating required for the particular vehicle; keep engines tuned for peak performance; maintain proper water and oil levels; avoid excessive idling; accelerate and brake smoothly; use air-conditioner sparingly, and consolidate short trips.

Let the light shine on and on?

More than 16 percent of the electricity we use in our home goes into lighting it. The following are some suggestions that may help cut overuse of your wattage and wallet:

Light-zone your home. Concentrate lighting in reading and working areas and where it's needed for safety (stairwells, for example).

Reduce overall lighting in non-working spaces. Remove one bulb out of three in multiple light fixtures and replace it with a burned-out bulb for safety reasons. Reduce lighting in other areas by replacing other bulbs throughout the house with bulbs of the next lower wattage and avoid very sharp lighting contrasts.

Install solid state dimmers or high-low switches. They make it easy to reduce lighting in a room.

Buying new lamps? Consider the advantages of those with three-way switches. They make it easy to keep lighting levels low when intense light is not necessary. Use the high switch only for reading or other activities that require bright light. Additionally, always turn three-way bulbs down to the lowest lighting level when watching television. You'll reduce the glare and

use less energy.

Use Low-wattage nightlight bulbs. These now come in 4-watt as well as 7-watt sizes. The 4-watt bulb, with a clear finish, is almost as bright as the 7-watt bulb, but uses about half as much energy.

Try 50-watt reflector floodlights in directional lamps. Pole or spot lamps give about the same amount of light as the standard 100-watt bulbs, but at half the wattage.

Use fluorescent lights whenever you can; they give out more lumens per watt. For example, a 40-watt fluorescent lamp gives off 80-watt lumens per watt and a 60-watt incandescent gives off only 14.7 lumens per watt. The 40-watt fluorescent lamp would save about 140 watts of electricity over a seven-hour period. Over a period of time, these savings could pay for the fixtures necessary for fluorescent lighting.

Save on lighting energy through decorating. Remember, light colors for walls, rugs, draperies and upholstery help to reflect light, thereby reducing the amount of artificial light required. (NES)

Keeping warm, cutting costs

Winter dangers ahead

As they face energy shortages or rising costs, Americans are preparing for another winter when supplementary heat measures may play a big role in keeping the body warm and the bills low.

Sales of old pot-bellied and Franklin stoves are booming. Space heaters are selling rapidly or coming out of storage. Fireplaces will be burning lots of wood and man-made logs.

All of these supplementary heat measures can be good. But they can also introduce the danger of fire into homes.

For this reason, the U. S. Fire Administration offers the following fire safety advice on room heating. Space heaters and heating stoves are widely used and do the job, but they can be dangerous. Use them safely.

- Never use fuel burning appliances without proper vents to the outside. Burning fuel (kerosene, coal or propane, for example) produces deadly fumes.

- Be sure your heater is in good working condition. All room heaters need frequent checkups and cleaning.

A dirty or neglected heater is a critical fire hazard.

- Use ONLY the PROPER fuel for each heater. NEVER INTRODUCE A FUEL INTO A UNIT NOT DESIGNED FOR THAT FUEL.

- Never quicken a fire with kerosene or gasoline.

- Keep gasoline, or other flammable liquids stored OUTSIDE of the home AT ALL TIMES.

- Maintain adequate clearance in all directions around space heaters and heating stoves. (Surrounding surfaces should not become too hot for your bare hands.)

- Use a screen around stoves or space heaters which have open flames. Give the heater adequate clearance from walls and combustibles, such as a clothes rack, curtains, beds, or other furniture.

- If you use an electric heater, be sure your house wiring is adequate. Avoid overloading the circuit. Avoid overloading extension cords.

- Avoid using electric space heaters in bathrooms, and certainly do not touch one when you're wet.

- When refueling an oil unit, avoid overfilling it. If cold oil is used, it will expand as it warms up inside your home and may cause burner-flooding; this could cause flareups. And don't fill your heater while it is burning.

- Keep young children away from space heaters—particularly when they are wearing nightgowns which can be sucked in by a draft created by the heater and ignited.

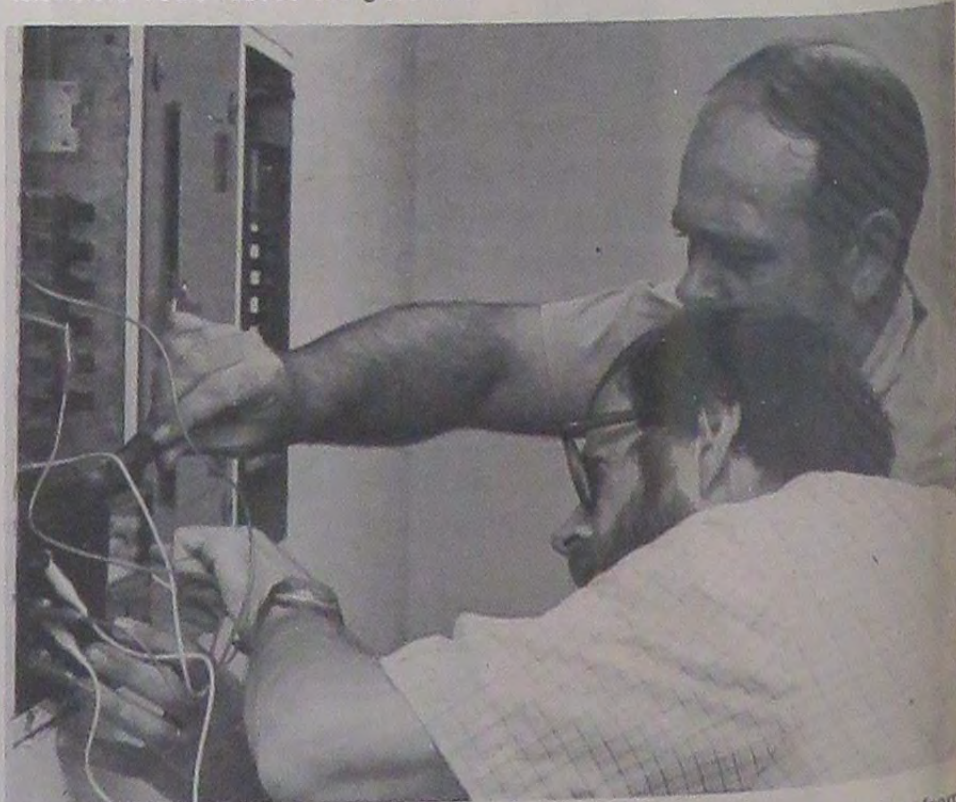
- If you are using an approved, UL labeled space heater or heating stove in your bedroom, turn off your heater or turn it low before going to bed. When using a fuel burning heater in the bedroom, open the window. Ventilation prevents suffocation that can be caused by a heater consuming oxygen.

- Use ONLY safety listed equipment. If you choose an oil heater, look for the UL label; a gas appliance, the AGA or UL label; or an electric heater, the UL label.

Energy Awareness Week



October 25-31, 1981



LENDING A HAND—Mr. Oliver Morse (checked shirt), electrical engineer from Lawrence Berkeley Laboratory, kindly lends free expertise to Chief Machinist's Mate Richard Spencer in hooking up meters for a solid state ballast test in Bldg. 63B at Oak Knoll.

Friday, October 23, 1981

PEOPLE MAKE NEWS

Comings and Goings ----- Kudos.....

"Fair winds and following seas" to the following staff members who have recently departed this command:

LCDR William Hardy, Medical Corps, to Okinawa.

LT Donna Fisher, Nurse Corps, released from active duty.

DTP1 Steven Andersen, to Bethesda.

HN Dorothette White, to NAS Miramar.

HM2 Ronnie E. Ross, to USS ENTERPRISE.

LCDR John R. Howard, Medical Corps, to Rota Spain.

HN Mario Sanabria, to NRMCC San Diego.

DT2 Julian Montez, released from active duty.

HM2 Richard Belyeu, to USS EISENHOWER.

HN James Tracy, to Hawaii.

HA Lino Galvan, to 1st Marine Division, Camp Pendleton.

HM1 Gary A. Shaw, Naval Amphibious Base, Coronado.

HN Anthony Kemp, USS ENTERPRISE.

LT Jerry Thompson to Okinawa.

HR Maureen Driscoll, to San Diego.

HM3 Ronala Hernandez, released from active duty.

HM3 James Cunningham, to Little Creek, Va.

HR Daniel Davidson, to USS HORNE.

HM1 Michael Hepburn, to USS AMERICA.

LT Gerard Van Houdt to NAS Pensacola, Fla.

HM3 Jeffrey Fye, to 1st Marine Division, Camp Pendleton.

HM2 Ronald Kaskha, released from active duty.

HM2 William R. Brown, USS MIDWAY.

HM2 Roy Salas, to Guam.

HMC Ernest Dadis, to 1st Marine Division, Camp Pendleton.

HM3 Diane Cimino-Caddy, released from active duty.

"Welcome aboard" to newly arrived:

LT Richard Holm, Medical Corps, Orthopedic resident.

LT Charles Galer, Medical Service Corps, Pharmacy Service.

Ensign Stephen Savarino, Clinical Clerk.

SN Mark Baldwin, Operating Management.

HM3 Aleckia Bellizare, Operating Room.

HM3 Barbara Butler, OR School.

SR Diane Cannavo, Personnel Support Detachment.

Ensign Susan Camus, Nursing Service.

LCDR Stephen Campbell, Hematology.

HA Gary Donnelly, Cardiology Clinic.

HR Patrick Early, Nursing Service.

HM2 Mark Fox, Operating Room.

HN Lisa Gayes, OR School.

HN Thomas Gould, Nursing Service.

PN1 Amando Garcia, PSD.

HM2 Emiliano Guilas, Laboratory Service.

Ensign Regina Gagil, Nursing.

HA Ronald Hunter, Nursing Service.

MM3 Joyce Daniel, Special Services.

HM3 Debra Johnson, Patient Affairs.

HA M.K. Jewell, Nursing Service.

HA Marcelo Lopez, Nursing Service.

HA Wade Madison, Nursing Service.

HA Robert Morgan, Nursing Service.

CDR Hunter McKay, Urology.

HR Linn Meyers, Nursing Service.

HM3 Angela Nelson, ENT Clinic.

HM1 Barbara Olson, Medical Repair.

HA Kevin Perry, OR School.

DT2 Ilmar Piker, Dental.

HM3 Pamela Smith, CSR.

PN2 Demetrio Suratos, PSD.

HMC Gary Soileau, Operating Management.

MM3 Jeffrey Smith, Operating Management.

LT Kay Schneider, MSC Rotation Program.

HM3 Brian Smead, Operating Management.

Ensign Rosaria Tenebruso, Nursing Service.

LCDR Thomas Wadsworth, Blood Bank.

HN John Weshon, Nursing Service.

HR Regnald Womach, Nursing Service.

HN Antonio Yamashita, Dental.

Ensign Susan Young, Nursing Service.

MERITORIOUS SERVICE MEDAL
Lieutenant Commander Joseph Criscitiello, Chief, Operating Management Service.

LETTERS OF COMMENDATION
Hospital Corpsman Second Class James Cunningham, Pharmacy Service.
Hospital Corpsman Second Class Charles Frye, Psychiatry Service.

ADVANCEMENTS
To Hospital Corpsman Second Class: Alexander Peralta and Dawn Misceovich.
To Hospital Corpsman Third Class: Jackie Wallace.

RESIDENCY CERTIFICATE
Lieutenant Commander William Hardy, in Orthopedics.

PERMANENT APPOINTMENT
Chief Hospital Corpsman Kenneth Thornton.

REENLISTMENT
Hospital Corpsman Second Class Marcelino Martinez, Psychiatry Service.



RETIRING—Medical Service Corps Commander Victor R. Deeter, Chief of Management Information Service here for the past 15 months, plans to retire Oct. 31, completing a 24-year Navy career. He will be relieved in his Oak Knoll position by Lieutenant Commander Sid Gesh, transferring from San Diego. Commander Deeter, of Tampa, Fla., who majored in hospital administration in studies at University of Florida and Georgia State College, says he will spend his first year of retirement "finding out if Space A travel really works."

Primary Care physician dies

Dr. William Preston, a retired U.S. Air Force doctor who was employed as a civilian physician in the Primary Care Clinic here for the past four years, died last month in a Berkeley hospital after being ill for several weeks. He was still on the Oak Knoll rolls at the time of his death, but had been in a leave status.

Dr. Preston served 37 years in the Air Force before retirement at the

rank of colonel. He established the Contra Costa County's mental health services in 1965 and was also instrumental in establishing programs for alcoholics, including the Diablo Valley and Fred Osman centers.

Survivors include his wife, Susan, a son, two daughters, two brothers and a sister.

Memorial services were held in Orinda.

Navy supports science mission to explore three Antarctic islands

Polar scientists will soon explore three bleak Antarctic islands known to contain fossils dating as far back as 100 million years in an effort to learn more about how the continents of the world split and drifted apart, disrupting oceans, climates and animal life.

The researchers from four universities will work on the James Ross, Snow Hill and Seymour Islands, three desolate areas in the Weddell Sea at the northern tip of the Antarctic Peninsula. This expedition—the first major U.S. research effort on the eastern part of the Antarctic peninsula—is part of the 1981-82 U.S. Antarctic Research Program which is funded and coordinated by the National Science Foundation.

The first increment of a two-pronged logistics support operation has left for Antarctica to help start the 1981 season for the U.S. Antarctic Research Program. About 100 Navy personnel and 85 employees of ITT Antarctic Services left their home bases in California and New Jersey and will be followed by hundreds of others who will support the national research effort on the ice-covered continent.

Before their mission ends they will

have moved hundreds of scientific personnel and tons of supplies and equipment to Antarctica. It is the 27th year that such support has been supplied for the scientific effort under the direction of the National Science Foundation. The Navy effort is conducted by Commander, Naval Support Force, Antarctica, and Antarctic Development Squadron Six (VXE-6). The support operation includes maintaining communications, weather forecasting, air traffic control, airlifting thousands of tons of cargo, control of fuel and cargo ships, icebreaker support and medical services.

During the Austral summer season, the Commander, Naval Support Force Antarctica is in charge of a varying number of people which peaks at nearly 2,000 at the end of January. They are from units of the Navy, Army, Air Force, Coast Guard, and the Military Sealift Command. During the winter period the number drops to fewer than 100 on the continent. Units of the Royal New Zealand Army and Air Force and the Royal Australian Army also help support in exchange for U.S. assistance in their own antarctic programs.

OPM director sees 'a brighter future'

Asking their help in making "job relocation for displaced federal workers as smooth and painless as possible," Office of Personnel Management Director Donald J. Devine recently told a group of professional administrators that "the broader picture is an optimistic one."

On the subject of reductions-in-force, Devine told the group that "although we expect the number of federal workers who are displaced to be relatively small, the Reagan Administration recognizes that for those workers, the impact will not be small at all."

In asking the administrators to keep in view "the broader picture," he explained that "the Reagan Administration is trying to restrain the growth of the federal budget, not to cause hardship, but to set the stage for greater prosperity for all. Our goal is not a grim commitment to retrenchment, guided by a vision of a world of limits. It is a goal of economic expansion, of a brighter future, based on a view of America as a nation of vitality, creativity, and extraordinary capacity to improve everyone's standard of living," Devine continued.

"In the short term, we must work hard to guarantee that job relocation for displaced federal workers be as smooth and painless as possible. But none of us need fear the future. The promise of a healthy and stable private sector will benefit all of us, in and out of government," the OPM Director concluded.

"WE ALL HAVE A CONSUMING INTEREST IN ENERGY..."



SPEAKING OF HEALTH CARE

MED • SCAN

A quick look
at recent health care
developments

Patients say they'll do as the doctor tells them—but do they mean it? Studies show that as many as 78 percent of the patients with chronic illnesses simply don't follow the doctor's orders. But an experiment conducted in two Michigan hospitals, the Veterans' Administration Medical Center in Ann Arbor and St. Joseph Hospital in Pontiac, Michigan, and reported by *Medical World News*, showed that **97 percent of patients will follow orders—if they first sign a contract.** Under a \$325,000 grant, the largest ever given by the VA for a nursing research study, 200 adult patients with hypertension, diabetes, and rheumatoid arthritis signed contracts agreeing to take pills, rest more, smoke less, keep appointments, etc. The contracts were signed after a negotiating session with a nurse. The contracts included only those suggestions which the patient thought he or she would fulfill. If the contracts were kept the patient selected his own record: money or more time with the doctor. Patients who signed a contract seemed to have a more positive attitude toward their treatment.

Dr. Shakespeare's remedy for the skin rash of poison ivy works—maybe. In *"Romeo and Juliet"* (Act 1, Scene II) Romeo says: "Your plantain leaf is excellent for that." *Therapaeia* magazine reported on the first known clinical test of the folk-lore remedy that has been used even before Shakespeare's time. A medical school professor, a long-time sufferer of poison ivy dermatitis, tested the crushed plantain leaves on his own rash and that of several of his friends. Although his test can't be considered too scientific since he had no control groups which received other treatments, he did find that the leaves seemed to stop the itching in all cases, although some of his patients required four treatments.

Remember acupuncture? Not so long ago Chinese reports stressed its value as an anesthetic—but that, according to the British Medical Journal, *Lancet*, tapered off rapidly after the fall of the "Gang of Four," which included Mao's widow. **Recently two Chinese professors denounced surgical acupuncture in the Shanghai newspaper, *Wenhuibao*, as myth and a political hoax.** The professors say that acupuncture for surgical anesthesia was unknown in pre-Maoist China. **Did it ever work?** In Maoist China surgical acupuncture was used in fewer than 10 percent of carefully selected and prepared patients—with supplementary local and parenteral anesthesia. Yet even with those hedges, adequate anesthesia was obtained in only one-third of those selected patients. The "needle effect" alleviating acute pain was known in European and American medicine at the turn of the century when acupuncture had also achieved a vogue in Western nations. **Now it isn't necessary to use needles to achieve this "Needle effect," a pulsating electric current will do as much.**

One-fourth of the nation's new mothers have had little or no prenatal care with the result that as many as 400 preventable maternal deaths occur yearly. A report by the American Medical Association's Committee on Maternal, Adolescent and Child Health outlined the problem. About 75 percent of the three and one half million women giving birth each year in the United States begin prenatal care in the first three months of pregnancy. But one-fourth of American new mothers do not see a physician until much later and one to two percent have no prenatal care at all. Poverty, language and cultural difficulties, ineligibility for public services, fear of deportation, fear of parental reaction—all militate against early care. In addition to maternal deaths penalties are inflicted on the fetus, including permanent physical and mental damage, because of premature births and malnourishment. The Committee urged the states and federal governments to fund Medicaid and other public programs. **The report makes the point that one hundred dollars spent in prenatal care may prevent thousands of dollars in early hospital charges and tens of thousands of dollars in lifetime care.**

Runners, take heed. An assistant professor of the Duke University's medical school issued some rules in *Post Graduate Medicine* for racing runners: Inexperienced runners shouldn't run a distance greater than twice that which has been run comfortably previously. The pace should not exceed the usual training speed by more than 30 to 60 seconds per mile. A race should be cancelled when the temperature exceeds 82.4 degrees Fahrenheit. Fluids should be drunk at the rate of half a liter for each half hour on the course.

Radiology case of the week

HX: 23-year old male with arm pain.

DX: Poorly differentiated lymphocytic lymphoma. Primary to bone.

RAD: Has permeative pattern in proximal radius consistent with osteomyelitis, Ewing's eosinophilic granuloma and lymphoma. Of significance is the radiolucent transverse line seen in the distal radius which is consistent with lymphoma.

CORRECT ANSWER: LCDR Mark M. Lau, Orthopedics, and LT Victor V. Sharpe, III, Medical Service



How we use our body energy

The Basal Metabolic Rate (BMR) rises in response to lower temperatures as a compensating mechanism to maintain normal body temperature. The BMR is influenced by the following factors:

- It is increased during the first five years of life.
- Smaller than normal persons of each sex tend to have a higher rate of metabolism per unit of surface area than larger persons.
- Women usually have a lower BMR than men (due to body mass).
- The BMR increases during pregnancy and while the mother is producing milk for her infant.
- Fever increases the BMR about seven percent for each degree of rise in temperature.
- In starvation and malnutrition, the BMR is usually lowered.
- Obesity seems to have little effect on the BMR, although it may lower the rate somewhat.

Other influences on calorie requirements (energy) include muscular work, mental effort, emotional state and diet. Exercise and manual effort use up calories, while mental efforts demand fewer calories. The fatigue a student often feels following concentrated study results from the amount of muscle tension involved.

Calories are expended during heightened emotional crises because the metabolic activity rises as muscle tension, restlessness and agitated movements increase. Food intake increases the expenditure of calories for digestion and absorption.

Following is a table of energy expenditures per hour for a man weighing 70 kg (159-160 lbs.):

Activity	Calories per hour
Sleeping	65
Awake, lying still	77
Sitting at rest	100
Standing relaxed	105
Dressing/undressing	118
Sewing	135
Typewriting rapidly	140
Light exercise	170
Walking slowly (2.6 mph)	200
Active exercise	290
Severe exercise	450
Swimming	500
Running (5.3 mph)	570
Very strenuous exercise	600
Walking very fast (5.3 mph)	650
Walking upstairs	1110

(Submitted by Head, Nutrition Branch, NRMCC Oakland, based upon *Nutrition and Diet Therapy*, S.R. Williams, 2nd Ed. 1973, C.V. Mosby Co.)

Health fair on at Presidio

Letterman Army Medical Center and the Presidio of San Francisco are conducting a health fair today and tomorrow at Building 104 on the Presidio of San Francisco. The health fair is part of the Presidio's All-American Week activities.

Health screening tests and health education booths and displays are available to active duty and retired military personnel and their families, and all Department of Defense civilian employees.

The basic health screening program will include a lung capacity test, an eye test for glaucoma, a hearing test, a foot examination, and skin cancer screening.

As part of the health education program, the Presidio Fire Department will display emergency medical equipment, Presidio Alcohol and Drug Abuse Prevention Program personnel are staffing an information booth, and a Letterman dietitian is available for counselling on nutrition and weight control.

The following agencies are also providing health education assistance: the University of the Pacific School of Dentistry, the Northern California Society for the Prevention of Blindness, Sickle Cell Anemia Research and Education, Inc., the Hypertension Council, the California College of Podiatric Medicine, the American Diabetes Association, the San Francisco Chapter of the American Lung Association, the American Trauma Society, the San Francisco Commission on Aging, the American Cancer Society, and the Arthritis Foundation.

The health screening tests are not specifically diagnostic of medical problems. As screening tests, they are designed to warn people of potential

medical problems. People undergoing screening tests will be counselled on their test results, and any necessary followup attention will be recommended. About 20 per cent of the screening tests performed at last year's health fair resulted in referrals for further medical care.

The health fair will run from 9 a.m. to 4 p.m. both days. Building 104 is one of a long row of red brick buildings on Montgomery Street, near the main parade field.

Comment period for RTC extended

The public comment period on a proposed change to the CHAMPUS Regulation affecting residential treatment centers for emotionally disturbed children (RTCs) has been extended 60 days—through Oct. 31. The proposed change would discontinue RTCs as authorized providers under CHAMPUS.

The notice extending the comment period from Aug. 31 to Oct. 31 also changes the date the change would take effect, if approved, from Oct. 1 to Jan. 1, 1982.

Also, if the proposed change is approved, there will be a transition period for CHAMPUS residents in an RTC as of Jan. 1, 1982. These patients could still receive benefits for RTC care for up to nine months, based on individual case review. As of Sept. 30, 1982, all RTC benefits would end.

CHAMPUS benefits will continue to be available for medically necessary inpatient psychiatric hospital care or outpatient psychotherapy. Also, many RTC residents may be eligible for other non-medical Federal or state programs.

WITH THE FAMILY

Here's some more uncommon energy/dollar saving tips

(Editor's Note: The following energy savers have been extracted and reprinted, with permission, from the April 22, 1980 issue of Family Circle Magazine. (c) 1980 THE FAMILY CIRCLE, INC. All rights reserved.)

Almost half the homes in the United States are poorly insulated. The average house leaks like a sieve, according to energy experts. As an experiment, hold your hand an inch away from an electric light switch or outlet tonight. Odds are that you will feel a steady stream of air. Try some other spots in your home, such as keyholes and cracks around windows, and chances are good that cool air is leaking out or hot air is streaming in. Add all these leaks together and, in the average-size home, it's the equivalent of having a 10-foot window wide open all year round.

The answer: Plug the leaks. Keep out hot air in summer and cold air in winter. By tightening up your home, you can save 20 percent or more in fuel and electricity costs.

More money-saving tips:

- Fancy gas lights outside the home may look marvelous, but one gas lamp burns as much as one-sixth the average home's monthly gas consumption.

- It's not true that a light bulb uses more energy in the first seconds after you switch it on. To save money, turn lights off when you leave a room, even if you intend to return in a few minutes.

- The wattage you use can save energy. For instance, one 150-watt bulb puts out 2,880 lumens (a measure of light intensity). Two 75-watt bulbs produce only 2,380 lumens. A 40-watt fluorescent bulb generates 2,150 lumens, while a 100-watt bulb gives off 1,759 lumens. Choose the wattage of light bulbs carefully and you can really save over the long run.

- Locate lamps in corners; they give off twice the light that way. Keep light bulbs clean; dust can reduce light intensity by as much as 10 percent.

- A quickie saver: Go around your house and remove one light in every four. Your home will probably be just as well lit, but you'll see the difference in next month's electricity bill.

- To test the temperature of your hot water when you don't have a proper thermometer, use a piece of hard candy. If the candy melts, the water is too hot.

- A significant amount of energy can be saved by insulating your hot water pipes. You can do it yourself with kits sold in hardware or department stores. The latest kind is the new flexible plastic tubing that simply snaps around the pipes and keeps in heat.

- An air conditioner in the car doesn't necessarily reduce mileage. Most of today's cars are so aerodynamically designed that driving with the windows open creates drag and wastes more energy than turning on an auto's air-conditioner.

- Basic roller shades are one of the simplest and best ways to save on heating costs. Ordinary shades can cut your bill as much as 30 percent. Even better are the newer shades with an aluminized surface which reflects heat back into the house and reportedly saves up to 45 percent in heating energy. However, there is a catch. The shades must fit snugly in the window frames. Preferably there should be no more than a quarter of an inch clearance on either side and no more than one inch from the windowpane.

- If you've already switched to wood—or have an open fireplace—the best wood to burn is hardwood, such as oak, maple, hickory or ash.

- A cheap way to make paper logs without having to buy an expensive rolling machine is to roll sheets of newspaper around a broomstick, tie tightly with wire and then soak in charcoal lighter fluid or kerosene—never gasoline. When a log is well-soaked, wrap more newspaper around it and again tie with wire. You'll get two to four hours burning.

- Electric blankets, according to a study conducted by Eastern Illinois University, can reduce home-energy costs by 30 percent. The average cost of operating an electric blanket is four cents a night. If two people share the same bed, consider a blanket with dual controls. But keep the control away from an open window or heater, as they can affect its operation. Recommended material: 100 percent acrylic.

- If you're redecorating, consider painting rooms in warm colors, such as red, orange, or yellow. These colors make you feel warmer psychologically.

Members needed in mothers' club

Mothers of sons and/or daughters in the Navy, Marines, or Coast Guard are invited to join the Navy Mother's Club of America.

This is an organization which was originally started during wartime but has continued throughout the years, making contributions through fund-raising projects for the hospital at Oak Knoll. New members are urgently needed in order for the club to continue.

Dues are \$3 a year in the Oakland area and \$3.50 a year in the San Francisco area. Anyone interested in joining this worthwhile organization may contact: Lida Jensen, 1542 80th Ave., Oakland, Calif. 94211 or phone: 632-5445. In the San Francisco area contact: Pauline Perfetto, 567 Victoria St., San Francisco, Calif. 94132 Phone: 584-7447.

Electric Blankets:

Let it blow, let it snow, I've got my electric blanket to set me aglow.

That's the winter theme song adopted by more than 45 million Americans. As energy costs have risen, people have been turning down the thermostats at night and burrowing beneath the coils to save on fuel bills.

"The average cost of operating an electric blanket on setting #5 in a room at 68°F. for eight hours is less than half a cent," says a manufacturer of the blankets.

Doctors sparked an interest in electric blankets in the United States late in the 19th century, says the National Geographic Society. As one early medical experimenter put it: "My blanket is very useful for imparting electrical heat and radiation to the human body for the purpose of inducing profuse perspiration and consequently the elimination of waste products therefrom."

At first confined to hospitals and tuberculosis sanitariums, electric blankets were mainly made of wool. These early devices had no thermostats, only on/off switches. It was up to the user to remain vigilant

modern-day bedding saves energy, insures toasty coverage



and monitor blanket temperature.

To complicate things further, heating wires were hand-sewn into the blankets to prevent the wire from shifting. Stitching tended to loosen, causing occasional short circuits, hot spots, and mad dashes for the nearest

water bucket.

Modern safety standards and techniques have made today's blankets safer than ever. Controls on some are so sophisticated that they automatically respond to changing room temperatures to maintain a constant comfort level.

Preparing for home emergencies

That valve is for WHAT?

If you walked into your kitchen and discovered water shooting to the ceiling from one of the faucets, would you know what to do?

There are a number of valves you can use to cut off the water. Shut-off valves near each inside faucet are usually located under sinks, behind toilets, and in panels in the wall behind showers and tubs. These valves control water leading to a specific faucet. You would use one of these to shut off that kitchen leak. You also use them when you have to change a faucet washer.

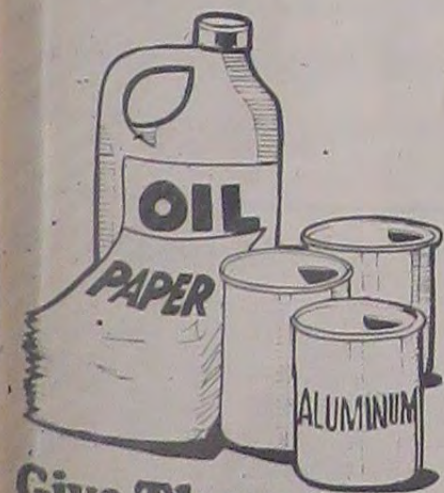
The main shut-off valve for the whole house is usually located at the point where the water line enters the house. There may also be other valves around the basement or perimeter of the house that lead to outdoor faucets. You need to know where these latter ones are so you can turn off and drain water from the outside faucets when there is a chance of a freeze, or, in colder climates, as part of your winter "button-up".

There is one other major shut-off valve: the one over the water heater. As with the individual water line cutoff valves for the kitchen sink, dishwasher, automatic washer, and bathroom plumbing, every member of your family

should know how to turn off the water leading to the heater.

If you have a gas water heater, furnace, or stove, you should also know how to shut off the gas. The main shut-off valve is located next to the gas meter. In case you aren't sure where it is or how it works, the gas company will be glad to show you. If you smell gas in the house and pilot lights and burners on the stove are not the problem, open all the windows, leave all electrical switches alone, get everybody out of the house, and call the gas company immediately from a neighbor's.

There is one last type of shut off that is not a valve. That is your main electrical circuit box. It has a main switch that is your main electric shut-off valve. It also has fuses or circuit breakers that are the same as the water valves under the sinks, shutting off electricity to specific areas of the house. You should know how to replace fuses or reset circuit breakers that have blown because of too many appliances on one circuit, a short, or some other electrical problem. Just be sure that the floor and your hands are dry before you touch any electrical box.



Give Them a Second Chance

OFF DUTY

USO to open center Jan. 1 at Oakland International Airport

The Port of Oakland, owner and operator of the Oakland International Airport, has requested Bay Area USO, Inc. to open a USO center at the Oakland International Airport. The provision of a USO at the airport was one of the "selling" points used by the Port to secure the Military Airlift Command contract for flights returning military personnel and their families from the Far East.

USO will begin operations on Jan. 1, 1982 when the first Far East flight is due into the Oakland International Airport.

USO's 17th Street (Oakland) center closed in 1977 after a 23.5 percent reduction in allocation funds by the United Way of the Bay Area. Since that time USO has increased its own fund raising to maintain operations at Alameda Naval Air Station, San Francisco, and the San Francisco Airport.

With the opening of a USO Center at the Oakland International Airport, Oakland takes its place along with other great cities in the US with USOs at

their airports. USOs are now in operation at: San Francisco Airport; Colorado Springs Airport; National Airport in D.C.; Atlanta's Hartsfield Airport; Honolulu Airport; Chicago's O'Hare Airport; Cleveland's John Hopkins, Columbus' Port Columbus Airport and Seattle's Sea-Tac Airport.

Space and facilities for operating the center will be made available by the Port and the airport. Foundations, corporations, businesses, service and fraternal clubs and individuals will be requested to make tax deductible contributions to pay operating expenses.

The USO center at the Oakland International Airport will employ five to eight people and involve numerous volunteers to provide services for the 300,000 passengers expected each year. All operating funds will have to be locally generated contributions. World Headquarters USO in Washington, D.C. and the United Way of the Bay Area are not making any funds available for this operation.

Blue Angels at Salinas

If you missed seeing the Navy's Blue Angels perform recently at Travis Air Force Base, you have another chance to catch this top notch flying team in action if you want to travel a few miles this weekend.

The Blue Angels are participating in the first International Air Show at Salinas (near Monterey Peninsula off Highway 101) on both Saturday Oct. 24 and Sunday Oct. 25.

The benefit show begins at 8 a.m. with displays. There will be an Air Show about 12:30 p.m. with performances by: the Blue Angels, Art Scholl and Bob Hoover (aerial acrobats), Royal Canadian Air Force Precision Team, and the U.S. Women's Parachuting Team, the "Star Dusters."

Reserved tickets are available through Sally of Special Services. Prices are as follows: Reserved seating—\$8; General Seating—\$5, and children under 12—\$2.

AMSUS convention to be held in Texas

The Association of Military Surgeons of the United States (AMSUS) will hold its 88th annual convention in San Antonio, Tex., Nov. 1-5.

The convention will open with a reception honoring the international delegates on Sunday evening, Nov. 1, and the scientific program will begin the next morning.

The program will include presentation of professional papers and seminar sessions by each of the professional groups. The Air Force Surgeon General has certified for credit the continuing education programs that will be presented.

There will be approximately 150 technical and scientific exhibits that provide educational service to attendees, including new developments in drugs, equipment and services.

Fleet Week slated in SF Bay Area

Fleet Week will open in San Francisco on Oct. 29 with a Bay Parade of Third Fleet ships, augmented by Service Group One ships and a probable flyover of Navy aircraft.

From Oct. 30 through Nov. 4, the following ships, moored at Piers 17, 35 and 45 on the San Francisco Embarcadero, will be open to public visiting from 1 to 4 p.m. daily: USS MORTON (DD 948), USS SAMPLE (FF 1048), USS STRAUSS (DDG 16), USS ROBERT E. PEARY (FF 1073), USS BENJAMIN STODDERT (DDG 20), USS CALLAGHAN (DDG 934) and USS NIAGARA FALLS (AFS-3).

In addition, Alameda Naval Air Station will open its gates to the general public from 10 a.m. to 4 p.m. on Oct. 31. There will be static exhibits of modern and vintage aircraft, Heritage Week displays, an open house aboard USS SHASTA (AE 33), and parachute drops at 11:30 a.m. and 1:30 p.m.

The association membership totals 11,000 and is made up of medical personnel from all federal medical agencies including the National Guard and Reserve forces. More than 2,500 are expected to participate in the convention.

Spouses accompanying the delegates will be offered a program which includes tours of San Antonio and the hill country. Final event of the convention will be a formal reception and banquet on Nov. 4.

For further information contact T.A. Glasgow, HQ AMD/CCX, Brooks Air Force Base, Tex. 78235, (512) 536-3656, or retired Medical Service Corps Commander T.G. McMahon, P.O. Box 104, Kensington, Md. 20795, (301) 933-2801. (Extracted from BuMed Bi-Weekly Activities Report)



MOVIES

Friday, Oct. 23, 6:30 p.m.—SILENT SCREAM—Rebecca Balding, Cameron Mitchell—Horror-Drama/R

Saturday, Oct. 24, 1 p.m.—THE HIGH COUNTRY—Timothy Bottoms, Linda Purl—Adventure/PG

Saturday, Oct. 24, 3 p.m.—IN SEARCH OF THE CASTAWAYS—Maurice Chevalier, Haley Mills—Adventure/G

Sunday, Oct. 25, 6:30 p.m.—ASHANTI—Michael Caine, Rex Harrison—Adventure/R

Monday, Oct. 26, 6:30 p.m.—KARATE WARRIORS—Sonny Chiba, Isaac Matsuki—Drama/R

Tuesday, Oct. 27, 6:30 p.m.—THE FOUR SEASONS—Alan Alda, Carol Burnett—Comedy/PG

Wednesday, Oct. 28, 6:30 p.m.—MODERN ROMANCE—Albert Brooks, Kathryn Harrold—Comedy/R

Thursday, Oct. 29, 6:30 p.m.—ON THE RIGHT TRACK—Gary Coleman, Maureen Stapleton—Comedy/PG

Friday, Oct. 30, 6:30 p.m.—PARTS—THE CLONUS HORROR—Dick Sargent, Laurele Tuttle—Horror/R

Saturday, Oct. 31, 1 p.m.—SLEEPING BEAUTY—ANIMATED—ANIMATION/G

Saturday, Oct. 31, 2:55 p.m.—FROM HELL TO VICTORY—George Peppard, George Hamilton—Drama/PG

Sunday, Nov. 1, 6:30 p.m.—TEHERAN INCIDENT—Peter Graves, Curt Jurgén—Drama/PG

Monday, Nov. 2, 6:30 p.m.—WHEN TIME RAN OUT—Paul Newman, William Holden—Disaster/PG

Tuesday, Nov. 3, 6:30 p.m.—SUPERMAN II—Christopher Reeve, Margot Kidder—Adventure/PG

Wednesday, Nov. 4, 6:30 p.m.—CLASH OF THE TITANS—Harry Hamlin, Judi Bowker—Adventure/PG

Thursday, Nov. 5, 6:30 p.m.—KILL AND KILL AGAIN—James Ryan, Annelise Kriel—Drama/PG

Basketball coach needed NOW!

A coach is needed immediately for the 1981-82 Men's Varsity Baseball Team, soon to begin its season.

If you are interested, call Ron Brown, Special Services, Ext. 2350.

Classifieds

FOR SALE

1980 Dodge Mirada, 11,000 miles, extended warranty, A/C, PS, PB, AM, FM cassette, CB hookup. Like new. Must sell, best offer. HM3 Sisney, Alameda Branch Clinic, 869-2351, or afternoons, evenings, 481-2454.



Keep Off The Gas

the

Oak Leaf



Friday, November 6, 1981

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Two corpsmen commended for life-saving acts

Two people are alive today thanks to the prompt and professional aid of two Hospital Corpsmen assigned to this command. In two recent unrelated incidents, both HM2 Charles Frye of Psychiatry Service and HM3 Rey E. Delos Reyes of Gastroenterology were fortunately present when Mr. Victor Komarchuk nearly drowned and a teenage girl was severely injured in a motor vehicle accident.

Both corpsmen have received letters of commendation from Rear Admiral Walter M. Lonergan, Commanding Officer, Naval Regional Medical Center Oakland.

In the first incident on May 25, Petty Officer Delos Reyes, visiting Bean Hollow Beach, gave mouth to mouth resuscitation to a man whose raft overturned and who was pulled from the ocean current by several onlookers. The near-drowning victim was unconscious and not breathing when Delos Reyes, a corpsman with five years in the Navy, revived him. In a letter reporting the action to the command, Dr. Mimi H. Silbert, President of Delancey Street Foundation, Inc., San Francisco, and a witness to the accident, said, "The kind of courage and commitment to human life that Rey Delos Reyes displayed is unfortunately becoming a rarity in our society... without his help Victor might well not be alive and with us today."

On Sept. 24, Petty Officer Frye was at the scene of an automobile collision on 14th Avenue in East Oakland, a heavily traveled street with a pavement wet from rain. He observed a semi-conscious girl of about 17 bleeding profusely from a head wound. He immediately applied direct pressure to her wounds until he could fashion a pressure dressing from a shirt, then checked for further injuries and continued to monitor her until she was removed by ambulance. His efforts were observed by Roy N. Brown, a triage officer at Highland Hospital, who said, "What separates this action from the ordinary is the circumstances surrounding the event. The accident occurred on a blind curve of a heavily traveled street. The pavement was wet and slippery from a mild rain and the area was dark. Approaching vehicles had very little time to take steps to avoid hitting the victim and her vehicle. Mr. Frye



HM2 Charles Frye

was exposed to oncoming traffic until flares could be placed. Although he was in peril, he stayed with the patient. Moving her at this point was inadvisable as it may have compounded her injuries and would have subjected her to danger from approaching vehicles."

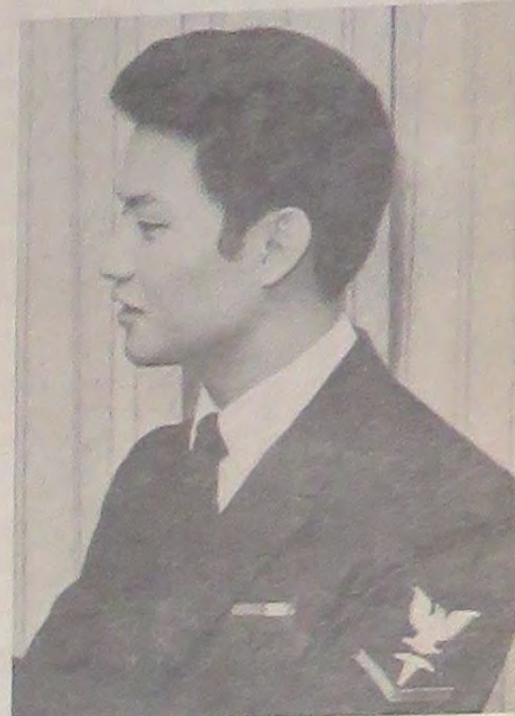
Petty Officer Frye reports he was stunned by the extent of the victim's injuries and her youth. He said he knew she would be dead in a matter of minutes if he didn't get things under control. "I was acutely aware of approaching vehicles," he said, "however, I was hoping that flares would be placed shortly. One vehicle went into a full spin as the driver slammed on his brakes, causing the automobile to skid on the wet pavement. I felt we were going to be hit as the car was too close. All I could do was close my eyes and lean forward over the victim. I still do not understand how the car missed us unless I was lying so low that the tail end of the vehicle cleared our bodies."

HM3 Delos Reyes has been assigned to Oak Knoll for about a year. Originally from the Philippines, he is single and his parents live in nearby Newark. He is a graduate of Hospital Corps School in San Diego and Field Medical School, Camp Pendleton, and holds the Good Conduct and Sea Service ribbons for prior duty. He reports he would "like to succeed in finishing 20 years with the elite (U. S. Navy)."

HM2 Frye, a Psychiatric Technician, serves as Leading Petty Officer of the 5 East Transition Program. He also has five years of Navy service and hopes to

complete 20. Assigned to Oak Knoll for six months, most of his prior duty has been in San Diego. With a hometown of Folsom (near Sacramento), and a present residence in Castro Valley, he is married and the father of a two-month-old daughter. He holds an associate of arts degree and has completed Hospital Corps and Field Medical Service Schools and a Neuropsychiatric Specialist Course. Petty Officer Frye has previously been awarded the Navy Achievement Medal, Good Conduct Medal, the Navy Unit Citation, Navy Expert Pistol, and the Humanitarian Service Ribbon.

Both men commented regarding their most recent awards. Petty Officer Delos Reyes said, "It's a great feeling to be receiving an award like this from the Commanding Officer. Not too many people have the opportunity to save someone's life," while Petty Officer Frye declared, "Receiving formal recognition for performing an act in a civilian setting is rewarding and indicates to me the kind of



HM3 R.E. Delos Reyes

support this command offers to its personnel."



IMPRESSIVE RECOVERY—Chief Dental Technician Donald Hritz uses dental clay to take a foot impression of microsurgery patient Chief Electrician's Mate Deane E. Rapp as part of the follow-on record of the first reported successful transplantation last January, of two toes to the stumps of a thumb and opposable digit. Chief Rapp now is back on active duty as Leading Petty Officer, Electrical Division, USS DRUM (SSN 677) and reenlisted in May for four more years. His submarine duties take him fore to aft, port to starboard and he reports no difficulty using his crescent wrench shaped right hand in performing his work and supervising 11 crew members. His skipper and shipmates have tagged him with a new nickname of "Tingers," and his wife recently bought him personalized auto license plates carrying the same sobriquet.

Federally subsidized housing available for military families

More affordable housing is now available for military families reporting to the Bay Area for new assignment. Military families will now be given priority placement on waiting lists for federally subsidized housing.

Applications are available at the Housing Referral Office in Bldg. 101 at NAS Alameda, telephone 869-4718.

The housing consists of privately owned apartment complexes which have been subsidized by the federal government. To qualify, the prospective military tenant must earn no more than the income limitations established by HUD (Housing and Urban Development) as follows:

1 person \$15,550

2 persons	\$17,800
3 persons	\$20,000
4 persons	\$22,250
5 persons	\$23,600
6 persons	\$25,000

Rentals in subsidized housing will cost no more than 25 percent of monthly income (base pay, BAQ, clothing allowance, VHA, and spouse's salary, if any). Bedroom entitlement is similar to military requirements.

Military disbursing office certification, along with copies of children's birth certificates are required for processing. A month's rent and a security deposit must be paid in advance of occupancy. No pets are permitted.

EDITORIAL

206th Anniversary



Marine Corps Birthday
Nov. 10, 1981

Our patients write...

I have recently returned to Guam following three weeks as an inpatient in your hospital.

...assigned to Ward 6 North, a civilian doctor (Jacobs) supervised a surgical procedure to correct... my problem.

My purpose in writing to you is to applaud the excellent care, attention and professional treatment I received under your care. Everyone was so kind and considerate, from Drs. Dickey and Williams to all the nurses and corpsman...

Admiral Cox arrived on Guam last week. At a welcoming reception, I related to him, as I have you, my impressions. He was quite pleased and interested.

It would mean a great deal to me if you could find the time to give the following people a "well done:" **Doctors** Oller, Dickey, Jacobs, Williams and Bosshardt; **Floor Officer** Commander Rosemary Murphy; **Nurses** Lieutenants Jim Dunn, Angela Owen, S. Kowalski, C. Gibson and P. Minogue; **Corpsmen** Rick Dalpay, Greg Bean, Dave Peters, Rex Lippold, Leonard Wilford, Barbara Miller, Cindy Kinkennon, Nancy Estrada, Susie Steele, Laurie Parin, Kathy Garrison, Miss Driscoll, Marie Whitfield, Eugene Langford and Vernon Kloppman.

Susie McCaskill
Guam

'Give the devil his due'

Two recent unrelated occurrences seem to drive home the point that there is much to be said for old "saws."

In the Oct. 9 issue of *Oak Leaf* we published a couple of views of a chair missing from our office. A few days later, one of the hospital staff members recognized it in his office and realized that it hadn't been there before. As a result, the chair was returned to its rightful location. Moral of the story: **It pays to advertise.**

On Oct. 24, Hospitalman Cheryl Utter of the *Oak Leaf* Office prepared a candlelight dinner for Hospital Corpsman Third Class Frank Valeriano, student of Preventive Medicine Technician School. Two hours later, Frank proposed to Cheryl and the wedding date is set for Dec. 12. Apply the proverb: **The best way to a man's heart is through his stomach!**

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Swimming in Oil— for How Long?

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Japan, which must import every drop of oil it uses, recently declined an offer from Mexico to sell it 200,000 more barrels a day on a long-term basis. Japan lately has been able to buy all the oil it needs, and at lower prices than Mexico was asking. Besides, oil consumption in Japan has dropped by about 15% in the last year.

Mexico got another shock when a French oil company announced that it was cutting its purchases in half, to 50,000 barrels a day, and for the same reasons. With less publicity, U.S. oil imports from Mexico have declined from 700,000 barrels a day earlier this year to about 400,000 barrels now. That decline is part of a pattern. A year ago the United States was buying a little over 7 million barrels a day of crude oil and refined products overseas; last week the figure was down to slightly over 5 million barrels a day.

Some oil analysts now figure that the world oil surplus—the excess of production over consumption—has reached 3 million barrels a day, despite the production cutbacks by some major exporters. Nigeria, for example, has slashed its output nearly in half, to about 1 million barrels a day. Libya's production has dropped by more than 500,000 barrels a day. Still, the glut grows, because Saudi Arabia, which accounts for more than 40% of total OPEC production, is flooding the market in an effort to force a unified and lower price for oil on its cartel partners. When the Saudis get their unified price, they will rein in their excessive production to try to dry up the surplus.

One OPEC official has predicted that this contest of wills could last through 1982. Libya and Nigeria, which charge more for their oil than other countries, so far seem to fear the precedent of price cuts more than the loss

of markets. Britain, a non-OPEC exporter, would rather try to hold onto its markets, and has cut its price more than \$4 a barrel. Mexico's oil minister thought it would be wise to do the same; his action gave his political enemies the chance to force him from office. Mexico now talks of partly restoring \$2 of its \$4 June 1 price cut while simultaneously slashing production. The effectiveness of that approach remains to be tested.

At some point, equilibrium in the oil market will be restored, probably on the terms that Saudi Arabia wants. The question then will be whether the consuming nations can exercise the restraint required to prevent a demand surge that will again send prices soaring.

The answer will depend to some extent on the pace of economic recovery in the recession-hit industrial countries. It will depend to a probably greater extent on how well conservation practices are followed. Here the record looks promising.

Price-induced conservation may be working better than anyone anticipated. In the United States alone, according to a recent study by Lee Schipper of the Lawrence Berkeley Laboratory, conservation measures taken since 1973 are saving up to 6 million barrels of oil a day, with some of the most notable gains being in the residential sector. The full fruits of conservation—through building insulation, improved auto mileage, cogeneration and the like—are yet to be realized. That is the hope for the future.

Balanced against this hope is the danger that stable or even declining prices might encourage a relaxation of efforts to hold down the growth rate in oil demand, paving the way for a restoration of a disruptive sellers' market.

An open letter to whom it may concern

On Saturday morning, Sept. 28, at approximately 10:30 a.m., I was sitting at the gate on one of the benches at the bus stop. After a day of duty and the watch that p.m. (on which I worked straight through without break), I was sitting in uniform without my hat on. Near exhaustion, and half asleep while waiting for my ride, I had unconsciously removed my hat.

A fellow officer, whose identity I do not know, reminded me that not only was my uniform incomplete, but (that) I was setting a poor example for my companions in the uniformed services.

I would like to take this opportunity to thank that gentleman, wherever he is, for guiding these early steps in my military career. His words will long be remembered by me, and I will always strive to set the type of example I'm sure he'd like to see.

I'd also like to publicly apologize for my appearance on that occasion. I can only hope that my apology will be accepted by that gentleman, the command, and my uniformed companions. My appearance on that occasion was unacceptable and that will never occur again. Thank you.

Intern, NRMCO

Ground broken for new NRMCS

A ground-breaking ceremony for the new San Diego Naval Regional Medical Center (NRMCS) was held on Oct. 3. The Surgeon General of the Navy, VADM J. William Cox, was the principal speaker.

The current NRMCS San Diego, commander, RADM E.P. Rucci, said, "We look upon this ceremony as the beginning of a much needed medical facility that will serve more than 350,000 people in the area."

The medical center will be one of the main treatment centers for casualties in the event of war or conflict and will also serve the San Diego area for casualties in the event of major natural disasters. The new facility will continue to support reciprocal training with civil-

ian institutions throughout the state of California.

The medical center, which will be the largest in the Navy, is designed to make the flow of patients and staff through the structure easy and economical. Examples of this are automated energy-monitoring devices and the use of natural lighting to save energy bills.

The 760-bed hospital will feature modern information and computer technology. Computers will assist in patient registration and reporting test results. They will monitor patient physiology and interpret medical data.

The ground-breaking ceremony was held near the existing facility next to Florida Canyon in San Diego.

No jobless pay now for voluntary outs

Under a recent law passed by Congress, personnel who resign, or voluntarily leave the military services when they are eligible to reenlist, are not eligible for unemployment compensation.

This change in Federal-State unemployment eligibility requirements applies to officers and enlisted personnel who terminate military service on or after July 1, 1981.

Study compares private/federal benefits

Culminating seven years of study and development work, the Office of Personnel Management has completed the first full scale comparison of private and federal employee benefits.

The survey shows that, as of October 1980, the federal benefits package was 4.7 percent ahead of average non-federal benefits. Most of the advantage came in retirement benefits, the area where the federal employee enjoys the greatest advantage over the private employee.

Federal retirement benefits total 28.2 percent of pay (the amount the employer pays into a fund to finance the benefits, excluding employee contribution), while private retirement benefits, including Social Security, total 16.7 percent.

There are several reasons for the difference, the most important being an earlier allowable retirement age for federal workers (55 years of age after 30 years), and the fact that federal annuities are fully indexed for inflation. Very few private pension plans have such a feature.

In other areas, private sector employees tend to have an advantage. Life insurance benefits represent 5 percent of pay for the private sector worker, as opposed to .3 percent for the federal worker. Private firms typically pay a larger share of premium cost.

Although federal and private sector workers generally receive comparable benefits from their health insurance plans, private employers generally pay a greater share of the premium cost. Thus, the value of health insurance

coverage provided to the federal worker is \$760 per employee per year, while the private worker receives a benefit equal to \$1,045 per employee per year.

Secondary benefits also favor the private sector employee, where such benefits total 5.5 percent of pay. This represents the combined value of such benefits as profit sharing, stock purchase plans, savings and thrift plans, bonuses, employee discounts on company products, employer-furnished autos, educational assistance, etc. For federal workers, such benefits total only .3 percent of pay.

C of S title change

Effective immediately, the title of Commander in Chief (Pacific), Chief of Staff is changed to Deputy Commander in Chief Pacific/Chief of Staff, abbreviated Deputy CINCPAC/Chief of Staff.

The change was announced in an Oct. 22 message from the Office of the Joint Chiefs of Staff.

Captain Black visits

Captain James Black, Medical Corps detailer from the Naval Military Personnel Command, visited here this week to meet with residents and fellows who are completing training.

He also discussed career planning with staff specialists during his Nov. 2-5 visit.



RECENT VISITOR—Rear Admiral George E. Gorsuch (right), Deputy Surgeon General for the Navy, was a recent San Francisco Bay Area visitor and stopped by Naval Regional Medical Center Oakland on Oct. 20 to confer with Rear Admiral Walter M. Lonergan, Commanding Officer. Admiral Gorsuch is no stranger to Oakland. He served this command as Director of Clinical Services from November 1973 to July 1975. Before this recent transfer to BUMED, he was Commanding Officer of Naval Regional Medical Center, Portsmouth, Va.



HAND-MADE PUPPETS—Lesley Kopp, Irene Hodge and Shirley Golden (l to r) complete work on puppets to be sold at the annual NRMCS Auxiliary Bazaar, to be held Nov. 13 from 10 a.m. to 6 p.m. at the Oak Knoll Officers' Club. In addition to these items, the bazaar will feature other hand-crafted articles, home-baked goodies and unusual wares from Bay Area craftsmen. The sale is open to all and profits from the annual event benefit the auxiliary's charitable projects.

Tickets go on sale for bed cover set

NRMCS Officers' Auxiliary representatives will be present in the Outpatient Waiting Room on the second deck of the hospital from 10 a.m. to 2 p.m. today and on Nov. 9 and 12, to sell tickets on a hand-tied comforter with matching shams which will be given away to some lucky winner at the close of the Bazaar, Nov. 13.

The bed set is in a forest green print, with two layers of lace, and measures

86 x 86 inches. Tickets at \$2 each will also be sold during the Bazaar from 10 a.m. to 6 p.m., Nov. 13 in the Officers' Club. The drawing will be held at 6 p.m., but the winner does not have to be present.

All money collected from these ticket sales will go into the auxiliary's treasury to finance year-end benefits, including the scholarship program.

President signs SGLI increase

President Reagan signed into law on Oct. 17 a bill which will increase Servicemen's Group Life Insurance (SGLI) coverage from \$20,000 to \$35,000 effective Dec. 1, 1981.


The insurance will be increased automatically for active duty personnel unless indicated otherwise by the member. The cost of insurance increase (15 cents per \$1,000 of insurance) will be deducted automatically from pay checks.

Child care offered for bazaar attendees

Qualified baby-sitting service will be available for children of NRMCS Officers Auxiliary members who will be working or shopping at the Nov. 13 bazaar.

The former Child Care Center on base will be made available for this purpose, but advance reservations are necessary for those desiring baby-sitting service on that date.

To make reservations, call Lesley Kopp, 562-4847, or Nancy Brown, 982-0977.



Veteran's Day
November 11th

Take up our quarrel
with the foe!

To you from falling
hands we throw

The torch. Be yours to
hold it high!

If ye break faith with us
who die

We shall not sleep,
though poppies grow

In Flanders fields.

(A poem written about the WWI
dead buried in the American
Cemetery in Belgium.)

FOR YOUR INFORMATION

Red Cross worker retires after 13 years at Oak Knoll

Mrs. Gladys Niemann, who has served here as a personal service volunteer since 1968, retired from the Red Cross group at Naval Regional Medical Center Oakland on Oct. 27.

Although she spent her last 13 years of Red Cross volunteer service at Oak Knoll, her total volunteer work for the Red Cross organization adds up to more than 45 years at various locations.

A native Californian, Mrs. Niemann graduated from the Methodist School of Nursing in Los Angeles and began a 41-year nursing career at Woodland, Calif. in 1924. She worked as a nurse at several hospitals across the United States while her husband was in the Army during WWII.

Mrs. Niemann, an Oakland resident, is chairman of the Lake Park Knitters, a group which has supplied the Red Cross here for the past 12 years with bed socks, afghans, crutch pads and hand grips for hospital patients.

Her many friends at Oak Knoll wish her well in retirement, a new lifestyle for the petite lady who will still donate some volunteer service to the community, this time on a reduced scale.



Gladys Niemann

New NROTC recruiting program

The Naval Reserve Officer Training Corps (NROTC) offers a golden opportunity for qualified sailors to gain a college education, further their careers and earn a commission as an ensign in the Navy.

Once selected, a candidate could receive up to \$30,000 in tuition, books, fees and \$100 per month in subsistence allowance at one of 55 colleges or universities throughout the country.

Interested personnel are encouraged to ensure that their application is forwarded promptly. The most critical aspect is the completion of either the American College Test (ACT) or the Scholastic Aptitude Test (SAT) by early November. Results must be received by the processing activity no

later than Dec. 31, 1981.

Once an applicant is determined to be academically qualified, his/her record is submitted for further screening. Due to the large number of applications and the elimination process, notification of selection may take as long as six months.

Age waivers may be granted to interested personnel based on a month-to-month waiver for prior active service, up to four years. Under the age waiver, applicants must not reach their 29th birthday on or before June 30 of the year of their commissioning.

Interested applicants should contact their Career Counselor or Education Officer for assistance in applying for the NROTC program.

Career Capsules

By HMC Barbara Heep

In a recent issue of *Link* (July-September 1981), HMC Chapman* gave an update on advanced training.

Prerequisites for Hospital Corpsman "C" schools are always subject to revision and, unfortunately due to time delays, the Catalog of Navy Training Courses (CANTRAC) is not always as current as we would like it to be. The following are schools which have prerequisites not reflected in CANTRAC:

- **HM-8402 Nuclear Submarine Medicine Technician.** Must be E5 for two years and have at least six years as a Hospital Corpsman.

- **HM-8425 Advanced Hospital Corpsman.** Must be E5 for two years and have at least six years in the naval service. (It should be noted here that this is Advanced Hospital Corps School, and not Independent Duty School as it is sometimes called.)

- **HM-8501 Basic Laboratory.** Standard Form 88 must be submitted with school request indicating color vision proficiency or other appropriate documentation.

Numerous requests are still being received for advanced training under the provisions of the GUARD III program. As stated in previous *Link* articles, Hospital Corpsman "C" schools are not options under GUARD III. All school assignments are based upon a competitive selection process. Students are made available from the schools for their ultimate duty assignments. If otherwise eligible, personnel may request "C" school guarantees under the STAR program, however, these requests are still processed under the competitive selection system.

Qualified applicants are urgently needed to fill quotas in the following Hospital Corpsman "C" schools: **HM-8402 Nuclear Submarine Medicine Technician; HM-8432 Preventive Medicine Technician; HM-8445 Advanced Ocular Technician; HM-8482 Pharmacy Technician; and HM-8485 Neuropsychiatry Technician.**

**(NOTE: This was Chief Chapman's last Link article. In June 1981 she was commissioned in the Medical Service Corps.)*

Hazard reporting, corrective actions

In accordance with OPNAVINST 5100.23A on hazard reporting and actions: "Any Navy personnel who observe an unsafe or unhealthful practice, condition, or a violation of a safety or health standard shall orally advise the work place supervisor of the condition or make a written notification of the deficiency to the activity safety officials. Anonymity will be respected upon request."

The work place supervisor must initiate appropriate corrective action when he receives such reports and also notify the Safety Office. Within five working days after the notification, the supervisor must advise the Safety Office of exactly what corrective action

has been taken.

Follow-up inspections and investigations as needed are then conducted by the Safety Office to ensure that corrective measures have been taken. The originator of a report shall be notified within 10 working days of actions taken on the hazardous conditions.

If after discussion with the Safety Office, the report originator remains dissatisfied, an appeal to the Commanding Officer may be made.

In all cases where Navy employees are exposed to unsafe or unhealthful working conditions a notice advising employees of these conditions shall be posted in the immediate vicinity of the hazard.

Fleet appointments to Naval Academy

The Secretary of the Navy is authorized to appoint 85 enlisted members of the regular Navy and Marine Corps, as well as 85 enlisted reservists, to the Naval Academy each year.

Applicants may be appointed to enter the academy directly. Those not accepted will be considered for the Naval Academy Preparatory School (NAPS) Program if the applicant requests. NAPS is an intensive one-year school which provides a concentrated education program to improve the chances of the applicant for selection to the academy. While attendance at NAPS is not mandatory, a high percentage of enlisted members selected annually to attend the academy have been through the NAPS program.

To be considered for the Naval Academy, an individual must meet several basic criteria. Applicants must be a U. S. citizen, at least 17 years old, but no older than 22 on July 1 of the year entering the academy, and unmarried without children. In addition, there is a statutory requirement for enlisted Navy persons to have served one full year before July 1 of the year entering the Naval Academy.

Details concerning application for appointment to the Naval Academy/NAPS Program are contained in OPNAVINST 1531.4C of Nov. 21, 1979. Applications are due by Feb. 15.

Firefighters needed

Applications will close Monday for two Firefighter (Structural) GS-5 jobs in the Fire Suppression Branch of Operating Management Service at Oak Knoll.

The positions pay \$12,854 to \$16,706 annually, plus a 25 percent premium pay.

Firefighters selected will work 24 hours on, and 24 hours off duty in a 72-hour work week.

Detailed information about these jobs may be obtained from Nita Quiro, Civilian Personnel Service, Ext. 2116.



RESERVISTS HONORED—The Oakland Council of the Navy League held a Navy Day Awards Dinner at the Oak Knoll Officers Club in mid-October to honor three outstanding reservists (l to r): LCPL Eric C. Miller, 23rd Marine Corps Force Division Detachment, Company E, Concord; BM1 Garth Lenz, U. S. Coast Guard, and Navy E01 M.G. "Skip" House of Walnut Creek. Shown with the honorees is Rear Admiral Russel W. Gorman, USNR, Deputy Commander, Military Sealift Command and the principal speaker. The reservists received certificates and watches from the Navy League.

-- AND EDUCATION

The sound of Navy tradition

By J01 Jeff Curtiss

On almost every Navy ship, at any time of the day, the sound of a shrill whistle pierces the air—a naval tradition that is older than the U. S. Navy itself—the sound of the boatswain's pipe.

This small, hand-held pipe is made of fine metal and has been used by sailors for thousands of years. It is a fine-tuned, almost musical instrument that sends a shrill-whistle "code" to do such things as honor a dignitary or warn of impending disaster.

The pipe's history encompasses 2,000 years; however, there is record of an earlier version of the boatswain's pipe that was used to help the slaves of

ancient Greece keep the stroke while rowing wooden warships. In addition, the U. S. Institute indicates that the pipe was used during the Crusade of 1248 when the English crossbowmen were called on deck to attack at its signal. Traditional English literature records the existence of the pipe in such plays as "The Tempest" by William Shakespeare.

Today, the boatswain's pipe is used in the fleet the same way the town crier was used throughout the Colonies—to command attention to messages, and sometimes even to announce mess call. (NES)

Women's ship billets announced

In a recent message to fleet commanders, the Navy announced its plan for the assignment of women to ships during FY 82.

The plan calls for the assignment of 78 women officers primarily as replacement for women officers rotating ashore, and the addition of 824 enlisted women. By the end of FY81, there was 161 women officers and 1,895 enlisted women on sea duty. By the end of FY82, 169 women officers will be serving on board 31 ships with 2,719 enlisted women serving on 22

of those same ships.

Ships which will receive enlisted women for the first time include USS SIERRA (AD 18), USS HECTOR (AR 7), USS YOSEMITE (AD 19), USS PRAIRIE (AD 15), and USS CAPE COD (AD 43). CAPE COD and USNS HARKNESS (T-AGS 32) are new additions to the program for women officers. USS JASON (AR 8), USS SAMUEL GOMPERS (AD 37) and USS SIMON LAKE (AS 33), which already have women on board, are scheduled to have a second increment of women assigned.

SIU graduation ceremony here

Southern Illinois University held an Oct. 22 commencement exercise here honoring 13 who were awarded the Bachelor of Science degree.

LCDR S.D. Tambourin, CHC, USN provided the invocation for the ceremonies. The SIU Base Representative introduced Rear Admiral Walter M. Loneragan who congratulated the class for their scholastic achievement and sacrifices in attaining their goal.

Conferring the Bachelor of Science degree on the candidates was Dr. R. John Reynolds, the Western Region

Area Coordinator of Southern Illinois University.

Eight of those receiving their degrees are presently attached to this command. They include Brian J. Carroll, Chaplain's Office; Daniel Dees, Oliver Johnson, and Michael G. Stoeklien of Laboratory Services; Alfonzo Esporo and Faustino S. Gallego, Instructors of Basic X-ray school; Nathaniel Jenkins, Instructor, PMT School, and Jerry L. Price of Military Manpower Service.

Other graduates are Thomas S. Batten, Gordon C. Frink, Pamela J. Hicks, John R. Masters, and Delfin Villanueva.



GRADUATES—Ten of the 13 graduates of Southern Illinois University, who recently earned bachelor of science degrees, pose in their caps and gowns at Oak Knoll where a commencement exercise was held Oct. 22. Pictured are (l to r), bottom row: Oliver Johnson, Nathaniel Jenkins, Faustino Gallego, John Masters and Alfonzo Esporo. Back row: Michael Stoeklien, Daniel Dees, Jerry Price, Thomas Batten, and Brian Carroll.

now hear this!

By

HMCM Charles R. Dackerman

Command Master Chief



United States Navy personnel must set and maintain the highest possible standards of smartness in uniform appearance. The military image reflected by attention to detail in wearing of the uniform is a key element in the public image of the Navy.

Uniforms shall be kept scrupulously clean with piping, devices and insignia bright and free from tarnish and corrosion.

No articles such as pencils, pens, watch chains, fobs, pins, jewelry, handkerchiefs, combs, cigars, cigarettes, pipes or similar items shall be worn or carried exposed upon the uniform. Necklaces, crosses, pendants, etc. shall not be worn exposed when in uniform. Tie clasps, cuff links, shirt studs and earrings shall be worn as prescribed by Uniform Regulations. Wearing of wrist watches, identification bracelets and rings are permitted with all uniforms; however, these items shall be in good taste and appropriate to the occasion, working or social, for which the prescribed uniform is worn. Conservative sunglasses are permitted, except when in military formations.

Appropriate undergarments, including support garments for women, will be worn to preserve the dignity and appearance of the uniform.

No eccentricities, or faddishness of dress, jewelry or grooming, are permitted.

One of the first and foremost items of concern should be the example we set for our subordinates, peers and seniors! Take a personal inventory and insure that you are doing your part as a professional military person.

Enlisted Academy crest symbolic

The crest of the new Senior Enlisted Academy in Newport, R.I. is a story in itself. Resting on a blue field, representing honor, stands the traditional anchor of the Chief Petty Officer topped by the one, two and three stars of the Senior Chief, Master Chief and the Master Chief Petty Officer of the Navy. This anchor is recognized as the crown of success within the enlisted community and is a symbol of achievement, excellence and proven ability among peers and subordinates.

Complimenting the anchor, to the left, is the Navy seal. To the right of the anchor is a flamed torch to indicate zeal. Superimposed on the torch is an open book signifying the pursuit of knowledge and professional development. The spiraled rope around the anchor is symbolic of the fraternity unique to the Navy Chief Petty Officer community.

Depicting achievement and success, a wreath of gold leaf encircles the crest and represents the spirit of pride and professionalism embodied within the Senior Enlisted Academy of the United States Navy.

Qs and As for veterans

Q—I am separated from my wife and am going to school under the GI Bill. Can she get part of my education allowance without my approval?

A—If your wife can prove you are not adequately providing for your family, she can receive the portion of your allowance paid you for your dependents. You will then receive the rate of a single veteran.

Q—I lost my leg in the service and am receiving Veterans Administration compensation for it. Because of complications, I will now lose my other leg. Can I receive additional compensation for this new loss?

A—Yes. A law enacted in 1978 provides for an added monthly benefit for veterans who have suffered the loss, or loss of use, of one extremity due to service-connected causes, and have then experienced loss, or loss of use, of the paired extremity from non-service-connected causes.

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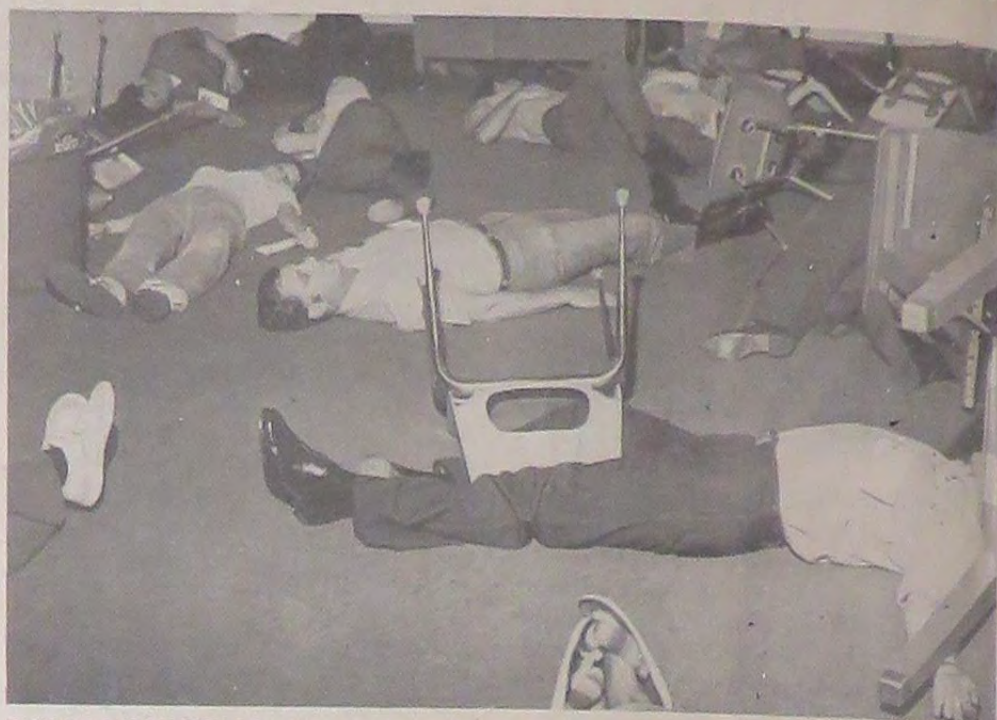
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NRMC Oakland demonstrates mission readiness



CALL FOR HELP—Fire Captain Rene Courts radios for assistance from the Mobile Medical Response Team.



BOMBING VICTIMS—A simulated bomb blast in the Study Lounge of Bldg. 501 (BEQ) results in 25 casualties.

By HM2 Charles M. Frye

Throughout the world, U. S. Navy personnel have responded to numerous mass casualty situations, providing aid and comfort to disaster victims. Their success in carrying out these missions often depends upon a local command's Disaster Preparedness Plan.

As a medical center in a heavily populated area, NRMC Oakland may be called upon to render assistance to victims of a catastrophe in the surrounding community. This could result in implementing a Mass Casualty Plan that "provides for orderly and adequate care for patients suffering from illnesses and injuries resulting from any type of disaster of significant proportions to create numbers of casualties in excess of that which can be handled by this facility's normal emergency medical services organization."

In order to test the suitability and effectiveness of the Mass Casualty Plan, the Office of Disaster Preparedness, under LTJG Robert Hoffner, conducted a catastrophe drill in early October. The scenario centered around a make-believe explosion in the Unaccompanied Enlisted Personnel Housing. Twenty-five persons sustained "injuries" as a direct result of the imaginary blast. LTJG Hoffner activated the drill by pulling an alarm in the barracks which sounded in the fire-department, bringing firemen rapidly to the scene to investigate.

Captain Rene Courts and Firefighter Sam Burnett were the first two to arrive on the scene. Upon discovering the "victims" they immediately radioed the Officer of the Day and requested assistance from the Mobile Medical Response Team (MMRT). This unit is a specialized component of the hospital which is comprised of two physicians and 10 hospital corpsmen. A short time later the team arrived on the scene and began treating the victims. The two physicians on the response team, CDR Robert Malstrom and LT Frederick Cason, immediately notified the hospital that a mass casualty situation existed, citing the approximate number of casualties and the nature of their wounds. The OOD, in turn, notified Captain Joseph Smyth, the Disaster Control Officer. He issued an order to prepare to receive casualties and then established a Disaster Control Command Post and set up communication channels to contact essential personnel.

The outpatient waiting room was selected as the Triage Center and Captain Richard R. O'Reilly assigned teams to treat the incoming patients. Essential personnel and necessary equipment arrived and was set up for use prior to the arrival of the first casualties.

The primary function of the Triage Center was to institute life-saving measures until they could be transported to definitive care areas. Diagnostic impressions, treatment and procedures provided to each patient were carefully charted and this record accompanied the patient to the definitive care areas.

Triage also determined the proper classification for each incoming wounded. Those having minor wounds were transported to the Pediatric Clinic which was set up to handle that classification of injury. Those victims arriving with major injuries were transported to either 6 North or the Recovery Room. Although the victims transported to 6 North had major injuries, they were less serious than those patients transported to the Recovery Room. The latter patients were often scheduled for immediate surgery and several Operating Room teams were available for transporting the patient to the OR. The victims who were "dead on arrival" or "died" shortly after were transported to a temporary morgue.

There was an element of realism in this simulated catastrophe; the screaming ambulances, dangling limbs from stretchers, and medical personnel doing what they could do to save the lives of the injured. This all served as a reminder to those involved that on a moment's notice Oak Knoll could be called upon to render aid in a mass casualty situation.

The drill provided an excellent opportunity for the Disaster Control Committee to evaluate its existing plan and to make any changes deemed necessary. It also tested the ability of staff members to work as a team in a mass casualty situation and additionally served as a learning tool and a method of improving skills in an emergency.

To the personnel assigned to Oak Knoll it was a test to determine if they could deliver in the time of a crisis. They met the challenge with vigor, enthusiasm, and professionalism which was a clear indication of "Mission Readiness."

In the future, NRMC Oakland's Disaster Preparedness may be put to test in a real disaster. If this drill serves as an indicator of how this command will respond in such a situation, then the challenge will be met by true professionals doing the job they were trained to do—serving their fellow man.



TO THE SCENE—The Mobile Medical Response Team arrives at the scene of the disaster and begins administering first aid and transportation of victims.



SETTING UP TRIAGE—Captain Richard O'Reilly (right foreground) assigns teams to treat incoming wounded at the Triage Center litter station.

in realistic disaster preparedness drill at Oak Knoll



COMMAND POST—Captain Joseph Smyth, Disaster Control officer, sets up a communication network and a command post with Lieutenant Commanders Patrick Shannon and Joseph Criscitiello.



LITTER BEARERS—Hospital Corpsman Second Class Charles Frye and Hospital Corpsmen Third Class Donald Boat and Gregory Bean arrive at the triage area with the first disaster victim.



SECURING THE DRILL—Captain Joseph P. Smyth declares the successful disaster preparedness drill completed.



CLASSIFYING—Lieutenant Frederick D. Cason, Lieutenant Commander William H. Taylor and Lieutenant Commander Greg S. Parker perform triage and sorting of simulated patients prior to transportation to a mass casualty definitive care location.

A 'well done' from the Commanding Officer

In today's fast-moving world of high technology, the need for 'Mission Readiness' of all branches of our Armed Forces cannot be over-emphasized. Our Navy Medical Department, in support of the operating forces, must maintain a constant vigil in preparation to provide definitive patient care on short notice to large numbers of sick and injured personnel.

Accordingly, Naval Regional Medical Center, Oakland conducted a disaster preparedness drill on Oct. 8 to insure our immediate effectiveness in caring for patients in a mass casualty situation. In all, 25 casualties were triaged, assessed and transported to definitive care elements in less than 50 minutes from initial notification.

To everyone who participated in the drill, including the Mobile Medical Response Team, volunteer simulated casualties from Preventive Medicine Technician School, and the Medical Corps, Nurse Corps, Medical Service Corps, Dental Corps, Hospital Corps, and civilian personnel from the various clinical and administrative services, I extend my thanks for a job 'well done,' and I encourage everyone to continue to actively support our medical 'Mission Readiness' and disaster preparedness in the years to come.

W.M. LONERGAN
RADM, MC, USN
COMMANDING

PEOPLE MAKE NEWS

LCDR Gesh new MIS head

Medical Service Corps Lieutenant Commander Albert S. Gesh has reported to Naval Regional Medical Center Oakland to become Chief of Management Information Service, relieving Commander Victor Deeter who retired Oct. 31.

Lieutenant Commander Gesh comes to Oak Knoll from NRMCO San Diego where he served as Chief of Data Processing Service. In his new position here, the officer is responsible for the administration of the hospital computer-based management information system.

Although he was born in Oregon, his family settled in Reno where he attended secondary schools. He joined the Naval Reserve in 1964 before he graduated from high school, and came on active duty following his high school completion in June, 1965. Following graduation from Hospital Corps School he was assigned to duty as a ward corpsman at the naval hospital at Camp Pendleton where he worked for seven months. As a third class corpsman he was transferred to Field Medical Service School for training and subsequently attached to the 2nd Battalion, 1st Marine Division in the Republic of Vietnam.

Upon returning from Vietnam, HM2 Gesh reported to Naval School of Health Sciences in San Diego as a student in the Medical Administration Technician School. Following graduation he was assigned to the dispensary in Edzell, Scotland, and returned to the states in 1970 as an HM1 to become an instructor at the Hospital Corps School in San Diego. While performing this duty, he was selected for the associate degree completion program and earned an associate of science degree in business administration. In August 1973 he was selected as an ensign in the Medical Service Corps.

Upon completion of indoctrination, Ensign Gesh was assigned to NRMCO Oakland where he became the command's Special Project Officer and Assistant Chief of Data Processing Service. He was next selected for the training program at the Naval School of



LCDR Albert S. Gesh

Health Sciences in Bethesda, Md., where he graduated with a bachelor of science degree in health care administration. From there he received orders to Naval Postgraduate School, Monterey, and before completion of training there where he earned a master of science in computer system management, was promoted to the rank of lieutenant. Following NPGS graduation he was assigned to NRMCO San Diego.

He was promoted to the rank of lieutenant commander in May of this year.

Lieutenant Commander Gesh and his wife Judith make their home in Hayward with their son Timothy and are reportedly excited about returning to Oakland for duty.

In his 17 years in the Navy, Lieutenant Commander Gesh has been awarded the Navy Commendation Medal, two Purple Hearts for wounds suffered in Vietnam, a Combat Action Ribbon, the Presidential Unit Citation, and several Vietnam service ribbons.

NRMCO interns return from operational orientation

Thirty-one medical interns are returning to their Oak Knoll duty stations following a five-day trip to Pensacola, Fla., where they participated in the annual Surgeon General's Operational Medicine Orientation Program.

The activities included a trip aboard USS LEXINGTON (CVT-16), and visits to the Naval Aerospace Museum, Naval Aerospace Medical Institute, Naval Aviation Training Command, and the Naval Diving and Salvage Training Command in Panama City, Fla.

Those attending were Lieutenants

Michael Ambrose, Clarence Braddock, Daniel and Kathleen Dale, Katherine Davis, Patricia Duprey, Mark Flick, Randall Franke, Mark Gow, Scott Hamilton, Gary Harris, Frank Hartwick, Konrad Hayashi and Lawrence Holm.

Also, Lieutenants Edward Jewel, William Kemmerer, Jeffrey Kneisl, Peter Letarte, Marc Muramatsu, Steven Myrick, John Oldershaw, Marsha Perdinock, Douglas Riehle, Louis Sarbeck, David Smith, Michael Turner, Susan Walker, Ronald Williams, Dennis Wilson, Mark Lau and George Gavey.

LT Simpkins — 'Marathon Man'

In February of this year, Lieutenant Harvey L. Simpkins of Physical Therapy set a goal for himself—to run a marathon before the year ended. On Oct. 25 he reached his goal by completing a 26.2 mile YMCA-sponsored Golden Gate Marathon, which began at the Embarcadero near Fisherman's Wharf in San Francisco and ended at the ferry landing in Larkspur.

With his wife playing the role of supporter and coach, Lieutenant Simpkins began his training last February, running between 40 to 60 miles each week.

"Mental aspects are very important.

They probably surpass the physical aspect by at least 50 percent," he said. He considers the running fun and says that when the fun disappears, one no longer feels the need to finish what he has set out to do.

The Medical Service Corps officer advises all to set a goal and then work for it and it will turn out the way they want. In this instance his ultimate goal was to finish the race, no matter how long it took, and he obviously met this target.

Lieutenant Simpkins sees himself running in half-marathons, or short runs in the future.

MED • SCAN

A quick look
at recent health care
developments

Cold sores, while annoying, seldom prove fatal. But the same family of viruses that causes cold sores can also invade the lungs and cause pneumonia or ravage the liver, cause blood clots or sleeping sickness. And unfortunately nearly everyone harbors one of the five types of herpes simplex viruses in latent form as the residue of ailments such as chicken pox, mononucleosis or venereal disease. Apparently the viruses lodge in a variety of cells and when the body is weakened they start multiplying. Trials of a new drug, as reported in *Lancet*, the British medical journal and the *New England Journal of Medicine*, show that it significantly shortened the duration of pain and spread of the virus. Called acyclovir and manufactured by the Burroughs Wellcome Co., the FDA has indicated that it may allow an ointment containing the drug to go on the market by the end of the year.

One way to soothe a crying newborn infant is to let him hear a recording of his own cries. *Science News* reports a fascinating experiment with 70 infants, all less than 35 hours old, which found that when a baby heard his own cry he stopped crying. When the cries of older children and an unhappy infant chimpanzee were played there was no reaction at all.

Agent Orange, DDT, parathion—these are names which have sensitized people to the dangers of some chemicals. So little wonder that when it was first proposed to spray residential areas in California with malathion to combat the Mediterranean fruit fly, people protested. But *Science* magazine found that researchers are convinced that there is no danger. For example, they cite data which shows that to kill one half of the rats in a test, the dose of malathion must be 885 milligrams per kilogram of body weight. In contrast, to be as lethal, the dosage of parathion need only be 20 milligrams per kilogram of body weight. The spraying technique will only deliver about one milligram per square foot. As to its cancer-producing properties, scientists say it would be "the equivalent of putting a can of diet soda (containing saccharin) on your front lawn."

Gold that glitters is one thing, but if it glows in the dark, watch it, your gold ring may be radioactive. *Geriatrics* magazine reports gold "seeds," which were filled with radon gas in the 1930s and implanted in tumors to treat cancer, have been recycled into jewelry in the east, especially near Buffalo, N.Y. Reports of chronic radiodermatitis first appeared in the late 1960s. By late 1980, 12 cases of dermatitis and other health problems associated with gold rings had been reported to the Buffalo Health Department. A reporting system was established in early 1981, and already 47 contaminated rings have been located in western New York and northern Pennsylvania. Lesions on the fingers of the owners start appearing as soon as one year after the first contact with the gold. But on the other hand, people who suffer from rheumatoid arthritis may soon be swallowing gold to ease their pain. Ridaura is a gold-compound pill which, according to *Science Digest*, has yielded impressive test results in easing the pain of patients. Aspirin and other arthritis drugs temporarily stop the pain and swelling of the disease but gold seems to be unique in that it apparently halts its progression. Rheumatologists don't regard the medication as a miracle cure but instead as continued progress in the disease. The manufacturer plans to file a "new drug application" with the Food and Drug Administration later this year.

New occupational hearing conservation course slated

The Aural and Speech Rehabilitation Center at Naval Regional Medical Center Oakland will repeat its course for Occupational Hearing Conservation Technicians training Dec. 2, 3, 4.

The instruction is limited to a total of 12 persons and space assignments will be made on a first-come, first-served basis. Applications should be made to Lieutenant John Schleifer, Department of Otolaryngology and Head and Neck Surgery, telephone Autovon 855-2153; commercial (415) 639-2153.

Course content will include both classroom instruction and practical training. The didactic portion will cover anatomy and physiology of the auditory system, physical acoustics, personal hearing protection, etc. Trainees will then be examined on both manual and self-recording audiometers.

Those completing the examination satisfactorily will be certified by this command. In addition, two units of college credit may be earned by successful completion of the course. Those wishing to take the course for college credit must pay a \$24 registration fee to California State University, Hayward.

Military personnel are eligible for partial fee reimbursement, but must obtain the appropriate form from their local education office before beginning the course.

UCSF update on neurology

The 15th Annual Recent Advances in Neurology course, sponsored by University of California, San Francisco, will be held Feb. 3-5 at the Fairmont Hotel in that city.

The course is specialized and aimed at the level of the practicing neurologist, neurosurgeon, and internist. The training meets the criteria for AMA/CMA Category 1 (formal) continuing education credit.

For further information, call the university's school of medicine, (415) 666-4251.

Friday, November 6, 1981

THE OAK LEAF

-- AND MORE NEWS

Kudos.....

FY82 PAY RAISE EFFORT

The outstanding performance of PERSUPDET Oakland to effect the timely, prompt disbursement of the many newly enacted increases in pay and entitlements to all our deserving sailors is recognized with pride and pleasure. Your superb response and can do attitude truly reflects the CNO motto of pride and professionalism.

You have worked hard and well while aiding and abetting the welfare of your shipmates. Such performance is the essence of our organization.

NAVY COMMENDATION MEDAL

To Chief Hospital Corpsman Barbara Heep, former Career Counselor.

NAVY ACHIEVEMENT MEDAL

To Lieutenant (junior grade) Michael Biggs, MSC, now transferred.

LETTERS OF COMMENDATION

HM3 Rey Delos Reyes
HN Alicia Moreau

HM2 Trina Lousbury
Lieutenant William Dunn, Nurse Corps

HM3 Reynaldo Ignacio

LETTERS OF APPRECIATION

LT Cynthia DiLorenzo, MSC.

LT Victoria Brooks, NC.

LT Carol Silva, NC

HM3 Ronald Donner

GOOD CONDUCT AWARDS

HM3 Daniel Joyce

HM3 David Walsh

ADVANCEMENT

To Hospital Corpsman Second Class: Peggy Zaleski

AUGMENTATIONS

LT William Noble, III, MC

LT Stephen Stewart, NC

LT William Dunn, NC

LT Faythe Weber, MSC

LCDR Patrick Shannon, MSC

LTJG Robert Hoffner, MSC

LT Larry Kilgore, MSC

LT John Brown, MSC



PROUD MOMENT—As Captain Joseph P. Smyth, Director of Clinical Services, pins the Commendation Medal on the uniform of Chief Hospital Corpsman Barbara Heep, her aunt and uncle, Lorna and Richard Heep, proudly witness the ceremony.

Comings and Goings -----

"Fair winds and following seas"

to the following staff members who have recently departed this command:

LT Barton Beecher, NC, to NSHS San Diego, Ca.

LT William Dunn, NC, to Guam.

LT Carol Silva, NC, resigned.

LT Victoria Brooks, NC, to Philadelphia, Pa.

LT Cynthia DiLorenzo, MSC, to IAMRU2, Jakarta.

LTJG Michael Biggs, IMSC, to 3rd FSSG, Okinawa.

ENS Nancy Harms, NC, resigned.

ENS Debra Gates, NC, resigned.

HR Katherine Kennedy, to Bremerton, Wash.

HM2 Ben Tumpalen, to NAVU Lowry AFB, Colo.

HM3 Rodney Cheser, to NAVU Lowry AFB, Colo.

HM3 James McGroarty, released from active duty.

HA Denise Studenan, to AHS Ft. Sam Houston, Tex.

HM3 Robert Izzett, to NRMG Subic Bay.

HM3 Paul Lewandowski, released from active duty.

HM3 Gilberto Amparano, to FMSS Camp Pendleton, Calif.

HMC Barbara Heep, to NSHS, San Diego, Calif.

HM3 Vicki Swanson, to AHS Ft. Sam Houston, Tex.

HM2 Bradford A. French, to NRMG

Portsmouth, Va.

BT3 Michael Snyder, to USS HECTOR.

HN Kenneth Davis, to USS GUAM (LPH-9).

HA Gerald Hitchens, to USS GOLDSBOROUGH.

HA Rovena Stines, to NRMG San Diego.

CDR Victor Deeter, MSC, retirement.

LCDR Karl Schweinfurth, MSC, retirement.

HMCS Gale Thames, transfer to Fleet Reserve.

"Welcome aboard" to newly arrived:

LCDR Stephen Campbell, MC Hematology.

LCDR Vincent Sansone, MC, Anesthesiology.

LCDR Albert Wright, MSC, Optometry.

LCDR Albert Gesh, Management Information Service.

LT Kay Schneider, Medical Service Corps.

LT William Downer, CHC, ACUTRA.

ENS David Connito, Clinical Clerk.

ENS Susan Young, NC.

ENS Susan Camus, NC.

ENS Regina Gagel, NC.

ENS Julie Warren, NC.

ENS Michael Smith, NC.

ENS Rosario Tenebruso, NC.

Career Counselor earns medal

Chief Hospital Corpsman Barbara S. Heep, until recently a Career Counselor and this command's Sailor of the Year, received the Navy Commendation Medal shortly before her departure from Oak Knoll.

Chief Heep was cited for meritorious achievement in sustained, superior performance of duties while serving first as an Advanced Laboratory Technician and later as a Career Counselor at Naval Regional Medical Center Oakland, and also for service and support to Navy Recruiting Command, Washington, in recruiting new members for the all-volunteer Navy.

At Oak Knoll, Chief Heep served as a member of the Commanding Officer's Advisory Board, a member of the command training team, a member of the Petty Officer Evaluation Review Board, and president of the First Class Petty Officers' Association. She has also been a member of the Fleet Reserve

Association, and a contributing columnist for *Oak Leaf*.

The Chief Petty Officer is a career Navy woman. She has attended Hospital Corps School, Advanced Laboratory Technician School, Career Information and Counseling School, and is now attending the Naval School of Health Sciences in San Diego.

In addition to Oakland, her assignments have been with NRMG Guam, NAS Key West, NRMG Jacksonville, NNMG Bethesda, Marine Corps Recruit Depot (Parris Island) and NRMG Great Lakes.

When she was selected as the 1981 Sailor of the Year, one of her many friends remarked, "Barbara has always given 100 percent to the Navy, and even more so to the people with whom she is associated."

She proved the truth of that statement in her performance here.

Nutrition Clinic offers diet help

Oak Knoll's Clinical Nutrition Branch offers information concerning diets and appropriate nutrition literature for patients that are sent to see the dietitian by a physician for a diet consult. An appointment for the clinic may be made by calling the Central Appointment Desk at 639-2501.

The Nutrition Clinic, conducted by Lieutenant Commander Douglas Love, is held from 9 a.m. to noon on Tuesdays, Thursdays and Fridays in Room 900 NE on the ninth floor of the main hospital building.

Weight reduction classes are held from 9 to 11 a.m. on Wednesdays in the ENT Conference Room (Room 456, fourth floor). Requirements for the weight reduction program include a diet consult from a physician and a scheduled appointment through Central Appointments (Ext. 2501).

In the first hour of instruction patients are weighed and told their ideal body weights according to sex, height and bone structure. A lecture follows covering good nutrition and the four food groups; how to lose weight and how much weight one should lose in a week; definitions of overweight and obesity; diet behavior modifica-

tions, and a question and answer period.

During the second hour Lieutenant Commander Love obtains information from each patient about their food habits and activities, determines the number of calories for each patient (if the physician has not designated a calorie level), and explains and distributes a preprinted calorie meal pattern and food exchange list.

Appointments are then made for patients to return the second and fourth Monday of each month from 9:30 to 10:30 a.m. in the same room for a weight follow-up.

Further information may be obtained from Lieutenant Commander Love at Ext. 2492.

Radiology case of the week

DIAGNOSIS: Dermatomyositis

An excellent discussion of this case was presented by Dr. Roger Espiritu of Medical Service, who correctly pointed out the following:

- Calcifications tend to be linear and are in the muscle/subcutaneous tissues.
- Calcifications follow fascial planes.

Others with the correct answer were Doctors George Batton of Orthopedics and Edward Jewell of Medical Service.



WITH THE FAMILY

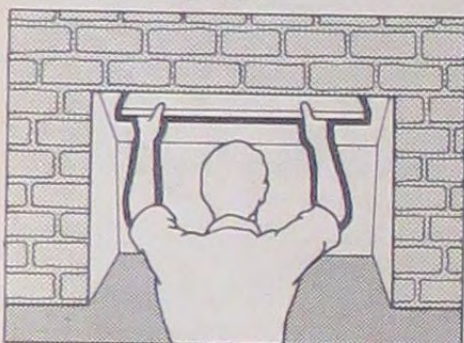
HOUSEHOLD HEAT: FORGOTTEN PLACES WASTE DOLLARS

Even if you have insulated attics and walls and have caulked and weatherstripped around doors and windows, gaps you may have overlooked will continue to cost you dollars and heat.

Some of these gaps can be closed at small expense and for a substantial return. Here are two areas that are commonly ignored:

Escape Up the Chimney

It is not unusual to find a gap of an inch or wider in a fireplace whose damper is closed. This can create a major air leak when the fireplace is not in use, because the chimney itself encourages a strong flow of air.



One way to stop the leak is to stuff the gap with insulation, or, if it is too large to insulate, to cover it with a board. The stuffing or covering obviously must be removed before the fireplace is used. In a cold climate, you can plug the damper and save \$45 a year with electric resistance heat, \$20 with gas heat and \$30 with oil heat, depending on where you set the thermostat and the size of the gap.

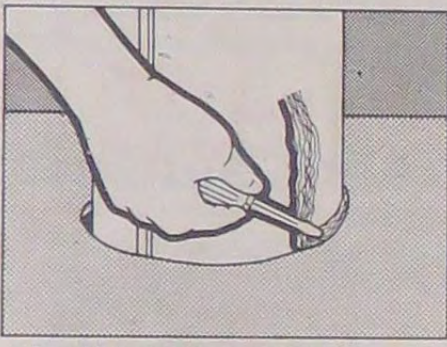
Holes In the Attic Are Like Holes In Your Pocket

Step into your attic some winter night. Even if it is insulated at floor level, you may be surprised to find the attic is much warmer than the outside air. That means that some of the expensive heat you need downstairs has escaped up to where it

won't do you any good.

It is common to find large openings where pipes, ducts, or exhaust fans are cut through the attic floor. But they can be stuffed with foil-backed insulation or scrap plastic such as dry cleaner bags taped in place. Stopping attic bypasses can save from \$25 to \$80 a year in heating costs.

All the obvious holes and gaps can be plugged with the exception of the gaps around recessed light fixtures and the vents in the attic. Do not cover light fixtures directly with insulation as this may cause a fire. Also, the vents must be able to breathe so that they can prevent moisture accumulation in the attic.



Another major attic bypass is the gap where the furnace stack or chimney meets the wood framing of the house. This gap is very important, because it often creates a kind of mini-chimney effect, carrying air all the way from the basement to the attic and making a river of heat loss. Fireproof insulation can be stuffed between the wood frame and the wall of the chimney. Do not use cellulose here, as it may burn.

Another good candidate for a little insulation is the attic door. It should be covered with a batt of foil-backed insulation. The edges of the door should be weatherstripped so that air cannot escape around the sides. This measure alone can save \$20 if you have electric heat, \$8 for gas heat, and \$12 for oil heat. It will also save on air-conditioning costs.

Things haven't changed much

Teen years still tough

Everybody goes through the teen years—the trick is to try to remember what it felt like for you, so you can help your kids get through theirs.

Were you full of anxiety about becoming an adult? Most kids find that adolescence is a rough period—with many changes and confused feelings. Talking things out and getting support and acceptance is just as important for today's teens as it was for you.

To help you communicate better and keep a balanced perspective, the National Institute of Mental Health passes along these suggestions:

-What troubles teenagers most? Many say it's "not being listened to." Listening is not always easy for parents. Nor is communicating. But you can improve your listening skills. How?

-Give your undivided attention when your teenager wants to talk to you. Don't read, watch TV, or work on other tasks.

-Try to listen calmly, even when there is a difference of opinion. Concentrate on hearing and understanding your teenager's point of view. Don't start giving advice or preaching while you're having a give-and-take discussion.

-Try to use a friendly tone of voice. Respect brings respect—even in the way you speak. If you talk to your kids the same way you do to other adults, they may be more likely to seek your advice.

-Avoid making judgments. No one wants to confide in someone who is critical. It's not necessary to approve all your teenager's behavior, but it is important to understand the feelings involved. Putting yourself in another's place is not easy, especially since attitudes, pressures, and choices change. It's a challenge for a parent to be firm about important values, while



being flexible enough to bend with the changing times.

-Keep the door open on any subject. Too often teenagers avoid discussing things that make their parents feel uncomfortable. Belittling, humiliating and laughing at youngsters can cause deep wounds and all but shut down communications. Without good access to their parents, teenagers often pay a high price for not having the right information about many subjects, including sex.

-Build positive self-worth. Help your youngster gain confidence by encouraging, but not forcing, participation in sports, music, art, dance or any other hobby or interest.

Send for a free copy of *Plain Talk About Adolescence*. Just write Consumer Focus, Pueblo, Colorado 81009.

Garden seeds as gifts

Here's a novel idea for stuffing Christmas stockings or enclosing a little something extra with your holiday-greeting card: Volunteers at the Botanic Garden in Tilden Regional Park, Berkeley, are again selling freshly-collected seeds of more than 100 California natives, including seeds from rock garden plants, as well as those growing both in the Botanic Garden and in the wild.

The complete 1981 seed list is available at the Botanic Garden. Packets sell for 50 cents. Buyers can purchase them directly from the garden or through the mail. There is an additional 50 cents mailing charge for one to five packets and \$1 for six or more packets.

All proceeds from the sale go to the Inter-County Parks Foundation for the benefit of the Botanic Garden.



The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby boy to Hospital Corpsman Third Class Dale Duty, Nursing Service, and his wife Angelika, Oct. 2.

A baby boy to LCDR Alfred Mateczun, Ophthalmology Service, and his wife Patricia, Oct. 9.

A baby boy to Lt. Stephen Giebner, Ophthalmology, and his wife Nancy, Oct. 10.

A baby boy to Chief Hospital Corpsman Lewis Klien, Fleet Hospital Support Office, Alameda, and his wife Ann, Oct. 10.

A baby boy to Hospital Corpsman Second Class Leonard R. Mundy, Naval Support Activity, Treasure Island, and his wife Mary, Oct. 12.

A baby boy to Hospital Corpsman Third Class Shaw Mason, Pharmacy Service, and his wife Laurie, Oct. 14.

A baby girl to Hospitalman Russell Caddy, Cardiology Clinic, and his wife Diane, Oct. 20.

A baby girl to Dental Technician Third Class Charles Farrell, Coast Guard Training Center, and his wife Elena, Oct. 22.

'But I want to be with my spouse...'

As more women enter the military, the number of intra-Navy or interservice marriages increases proportionately. This phenomenon creates a variety of "detailing" problems because married service members prefer to be stationed together.

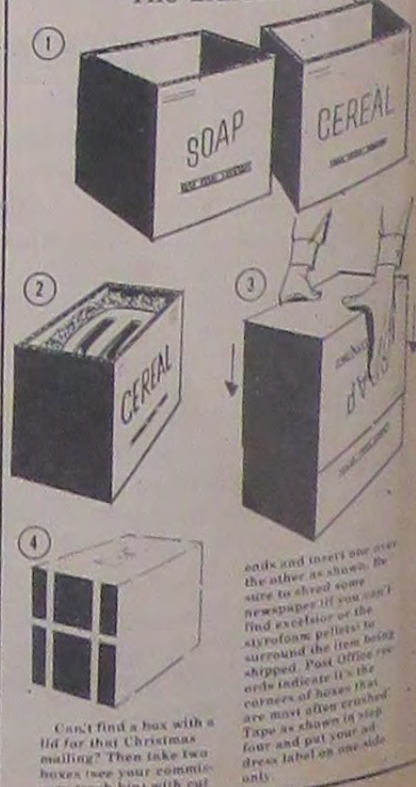
If the marriage has taken place and coordination with appropriate detailers is achieved within sufficient lead time, most requests for spouse duty are approved. Service marriages that occur when one or both members have orders to different duty stations cause many problems because of the short notice. However, once Navy members have been on board their new commands for one year, detailers will consider projected-rotation-date breaks and spouse duty assignments if an open billet exists at the command requested and the obligated service time requirement is met.

When a Navy member is married to a member of another service, the lead time for assignments is critical because of the coordination involved between the services. In many cases, getting compatible assignments is impossible because billets cannot be created just to satisfy a spouse duty request.

Engagements are not sufficient grounds to request spouse duty assignments. But as soon as the marriage takes place, the couple should change their personal, pay and other military records and inform their command career counselor and detailer of their change in marital status. Basically, detailers will do all they can to assign spouse duty—as soon as practicable, in line with billet availability and based on eligibility in accordance with Chapter 16 of the Enlisted Transfer Manual. (NES)

Christmas Mailing Tip

The Lidless Box



ends and insert one over the other as shown. Be sure to fold over newspaper if you can't find excelsior or the styrofoam pellets to surround the item being shipped. Post Office rules indicate it's the corners of boxes that are most often crushed. Tape as shown in step four and put your address label on one side only.

Can't find a box with a lid for that Christmas mailing? Then take two boxes (see your community trash bin) with cut

AT EASE

Sea-going jargon

- | | | |
|-------------|---------------|-------------|
| A. Gudgeons | F. Manger | K. Jury Rig |
| B. Wharf | G. Limberhole | L. Lizard |
| C. Stop | H. Handsomely | M. Veer |
| D. Vang | I. Pelorus | N. Snub |
| E. Jackstay | J. Sally | O. Dunnage |

1. Any material used to separate layers of cargo ventilation or insulate cargo against chafing.
2. Horizontal support to which articles such as sea bags, tackles and coils of line can be lashed.
3. Fore and aft hole through a frame in a boat's bilge, permitting water to flow toward the bilge pump suction point.
4. Any material or tool rigged as a substitute for gear usually designed for the intended purpose.
5. A piece of rope with a thimble or a bull's eye spliced into the end, used as a fairlead.
6. That portion of the foc'sle enclosed by the apron and the parts of the bulwarks between the apron and the stem.
7. Device for taking bearings; consisting of a movable ring, arranged like a compass card and a pair of sighting vanes.
8. The act of a party of men running in a body fore and aft, or athwartships, to create a desired shift in weight.
9. One of a series of short lines attached to the edge of an awning or boat cover used to lash the edge of a ridge rope, jackstay or other support.
10. To allow a line, wire or chain to run out by its own weight.
11. Same as a pier.
12. A tackle fitted with one or two wire pendants.
13. To check a line, wire or chain quickly.
14. Slowly, deliberately, carefully.
15. Eyes set in the stern or the rudder post to receive the pintles of the rudder.

Answers to "Sea-going Jargon":

(1) O, (2) E, (3) G, (4) K, (5) L, (6) F, (7) I, (8) J, (9) C, (10) M, (11) B, (12) D, (13) N, (14) H, (15) A. (Courtesy of *Ghost Gazette*, USS *Lexington* - AVT 16.)

Talented Oak Knoll military invited to enter contest at TI

Active duty personnel assigned to Naval Commands within the Central Pacific Region are invited to enter a talent contest with acts of singing, dancing, music, comedy, interpretations, drama or variety.

They will be judged at a semi-final elimination and rehearsal in the Treasure Island Base Theatre on Nov. 18 at 9 a.m. Finals will be held at the same site on Nov. 19, beginning at 8 p.m. The winner and runners-up will be

determined by the judges and awards will be provided the top four.

The Navy Band San Francisco Combo will provide musical accompaniment if needed; however participants must furnish all musical arrangements/sheet music.

Local entries must be submitted to Special Services, Bldg. 38, by noon **Monday, Nov. 9.**

For further information, call Ron Brown, Ext. 2350.

Military hospital, CHAMPUS costlier

The Department of Defense has announced that on Oct. 1, 1981, the dependent rate for inpatient care at Military hospitals increased from \$5.50 to \$6.30 per day. This charge is applicable to dependents of active duty members, dependents of retirees and to surviving dependents of deceased members.

This change also affects CHAMPUS, since by law the inpatient cost-share requirement for spouses and children of active duty service members is based on the charge at military hospitals. Therefore, also effective Oct. 1st, these individuals are required to pay a minimum of \$25.00, or \$6.30 per day, whichever is greater.

This change does not affect CHAMPUS cost-sharing requirements for retirees, dependents of retirees or surviving spouses and children of deceased members. The law provides that these beneficiary categories are responsible for 25 percent of the reasonable cost/charges for both inpatient and outpatient services—with the government cost sharing 75 percent.

Inpatient charges at military hospitals are adjusted annually to reflect changes in Uniformed Services pay. The increase from \$5.50 to \$6.30 per day is approximately the same percentage increase as the pay raise that went into effect on Oct. 1st.

Part-time job can't interfere with duty

As inflation takes a bigger bite out of one's paycheck, many people seek part-time employment to offset the rise in the cost of living.

Although the need for additional employment is understandable, the Navy frowns upon Navy members and civilian employees who have part-time jobs that interfere with their military duties or create a conflict of interest situation. To ensure the protection of its interests, the Navy has outlined in SECNAVINST 5370.2G the following prohibitions for Department of Defense members who work part time:

- Personal, commercial solicitations or sales to any DoD member, junior in rank or grade, with or without compensation, at any time, on or off duty.
- Engaging in any act that promotes the members' business when it

interferes with the efficient performance of his or her military duties.

- Using overt or covert pressure through seniority and other work relationships to influence any person to provide any business-related benefits during on or off duty hours.

- Directly or indirectly using inside information to further a private gain for oneself or another if that information is not generally available to the public and was obtained by reason of one's naval position.

- Using one's grade, rank or position in connection with any respect of a commercial enterprise.

Violators of these limitations may be charged under Article 92 of the Uniform Code of Military Justice. For more detailed information, read SECNAVINST 5370.2G or contact your command legal office. (NES)

Navy buys large container ships

Six of the largest and fastest containerhips in the U.S. Flag Merchant Fleet have been purchased by the Navy from merchant fleet shipping companies for use by the Military Sealift Command to improve the DoD strategic mobility posture.

The Naval Sea Systems Command awarded a \$207.5 million contract for six SL-7 containerhips. The price includes 4,000 containers and 800 container chasses and spare parts. Included in the contract is the option to purchase two additional SL-7s.

Title of the ships will be transferred to the government following a five-day survey and a 45-day inspection. The ships are being delivered to the Military Sealift Command at San Francisco, Calif., and Elizabeth, N.J., between late August and early November.

The 33-knot ships will provide fast logistic capability and improve the strategic sealift to quickly deploy supplies located within the U.S. to potential danger areas throughout the world. The ships later will be converted to full self-sustaining roll-on, roll-off vessels with sufficient cranes, booms, hatches

and sideports to permit rapid loading and unloading.

After acceptance by the Navy, the SK-7s will be re-named following the Navy practice of naming dry cargo type ships for celestial bodies and phenomena.



"Don't worry, Blake, you have a common ailment. We call it the '10-seconds-before-inspection' trauma..."

Postal Service Announces Mailing Dates For Christmas Parcels, Letters Going Overseas

Destination	Priority Letters	Parcel Airlift (PAL)	Space Available (SAM)	Surface
Africa	Dec. 7	Nov. 16	Nov. 9	Nov. 9
Alaska	Dec. 14	Dec. 7	Nov. 30	Nov. 30
Hawaii	Dec. 14			Nov. 30
Australia	Nov. 30	Nov. 16	Nov. 9	Oct. 26
Caribbean West Indies	Dec. 14	Nov. 30	Nov. 23	Nov. 13
Central/South America	Nov. 30	Nov. 16	Nov. 9	Nov. 9
Europe	Dec. 11	Nov. 27	Nov. 20	Nov. 9
Far East	Dec. 11	Nov. 27	Nov. 20	Oct. 26
Greenland	Dec. 7	Nov. 30	Nov. 23	Nov. 23
Iceland	Dec. 13	Nov. 30	Nov. 23	Nov. 23
Mideast	Dec. 4	Nov. 9	Nov. 2	Nov. 2
Southeast Asia	Nov. 30	Nov. 13	Nov. 9	Oct. 26

OFF DUTY

NRMCO takes cross-country

The NRMCO Oakland team won the recent Central Pacific Cross-country Championships at Mare Island, with Mike Cassaday the overall winner with a time of 33:35 for the 6.8 mile course.

Paul Farrier was first in the senior's division and Peggy Criscitiello second in the women's division. Other members of the team were Manuel Hernandez, Tom Howe, Bill Smith, Dave Wright and Tom Dresser.

Cassaday is a world-class runner who has won many local races. He ran the 26.2 mile marathon in the 1980 United States Olympic Trials at Buffalo, N. Y.



VICTORY—Garry Howatt, described as one of the scrappiest players in the National Hockey League, is a champion twice over. Not only did he help his team, the New York Islanders, to victory in the 1980 Stanley Cup playoffs, but he also achieved victory over epilepsy. Garry helps the Epilepsy Foundation of America in its efforts on behalf of the more than two million Americans with epilepsy by participating in public information programs. You, too, can help these epilepsy victims through your contribution to the Combined Federal Campaign.

Football tourney slated at Oak Knoll

The Central Pacific Regional Eight-Man Flag Football Tournament will be held at Naval Regional Medical Center Oakland, Nov. 16-22, with Ron Brown of Special Services serving as Tournament Director.

The winner of the event will be determined by double loss elimination, with official National Touch and Flag Football rules applied.

Tournament draw will be held at Oak Knoll at 10 a.m., Nov. 9.

Awards for this event will be provided by the Recreational Services Regional Support Office.

Discount ski tickets offered military only

Special Services at NRMCO Oakland offers a discount ski lift program to active duty personnel at two major skiing areas: Alpine Meadows and Squaw Valley.

Alpine Meadows will furnish coupons which will be sold by Special Services for \$14 (regularly \$20). These coupons can be exchanged for one all-day ski-lift ticket, good Sunday through Friday, except on holidays. Discount coupons cannot be used on Saturday.

Squaw Valley is allowing Special Services to furnish a letter to each active duty military person which can

be used in the purchase of a ski lift ticket for the price of \$14 (regularly \$20). This discount is good any day.

It was stipulated by both skiing areas that the discount could only be made available to active duty personnel, specifically excluding dependents and DoD employees. Special Services will only release coupons and letters to persons on active duty and they cannot be used by anyone other than the person making the purchase.

Special Services is currently checking into other skiing areas for similar discount programs.

Oak Knoll to Squaw Valley special slated for Dec. 12

Special Services is sponsoring an all-day ski trip to Squaw Valley on Saturday, Dec. 12.

A bus will depart the medical center promptly at 5 a.m., make a short stop at a fast food restaurant on the way, and arrive at the ski lift at approximately 9 a.m. when the lifts open. The bus will leave Squaw Valley at 4:45 p.m. the same day and return to Oak Knoll.

The entire package, which includes transportation via deluxe motorcoach and all-day use of the ski lift, costs \$44. A \$20 deposit must accompany all reservations with the balance due on or before Dec. 1. If there is no snow and the trip is cancelled, all money will be refunded.

If you have further questions, call Sally at Ext. 2479. For the convenience of those wanting to make reservations for this trip, a coupon is printed below for your completion and forwarding to Special Services with deposit.

TO: Special Services, Bldg. 38

This is my request to reserve _____ space(s) for the Dec. 12 Squaw Valley Ski Trip. I enclose a deposit of \$20 each. I understand this deposit is totally refundable only until Nov. 30, and that the balance due is payable by me on Dec. 1, 1981.

NAME: _____

PHONE: _____

ADDRESS: _____

DATE: _____

SIGNATURE: _____

Special Services offers Reno special

A special MGM Grand Hotel Reno package tour is being offered through Special Services on base for the weekend of Jan. 15-16.

A deluxe motorcoach will depart Oak Knoll at 3:30 p.m., Jan. 15, arriving at the Reno hotel about 10 p.m., the same night. It will arrive back at Oak Knoll by 5 p.m., Jan. 16.

The package includes round trip transportation, one night's lodging at the hotel, a free drink, a free bowling game, free breakfast, and free admittance to the "Hello Hollywood, Hello" late show. The price, based on double

occupancy in the room, is \$44 per person; single, \$62.

All reservations must be made by Dec. 14 and a deposit of \$20 is required to hold each space.

The trip is open to all military and civilian staff and their dependents over the age of 21. (Nevada law prohibits the use of alcoholic beverages and gambling by minors.)

Individuals who desire to make their own transportation arrangements, may purchase part of the package for \$36 each; double occupancy. See Sally Young in Special Services for details.

MOVIES

- Friday, Nov. 6, 6:30 p.m.—**THE HAND**—Michael Caine, Andrea Marcovici—Thriller/R
 Saturday, Nov. 7, 1 p.m.—**LADY AND THE TRAMP**—Animation/G
 Saturday, Nov. 7, 2:55 p.m.—**KLONDIKE FEVER**—Rod Steiger, Angie Dickinson—Adventure/PG
 Sunday, Nov. 8, 6:30 p.m.—**THE ONION FIELD**—John Savage, James Woods—Drama/R
 Monday, Nov. 9, 6:30 p.m.—**DIE LAUGHING**—Linda Grovenor, Robby Benson—Comedy/Thriller/PG
 Tuesday, Nov. 10, 6:30 p.m.—**IMPROPER CHANNELS**—Alan Arkin, Mariette Hartley—Comedy/PG
 Wednesday, Nov. 11, 6:30 p.m.—**METEOR**—Sean Connolly, Natalie Wood—Sci-Fi/PG
 Thursday, Nov. 12, 6:30 p.m.—**DEADLINE**—Barry Newman, Bill Kerr—Drama/R
 Friday, Nov. 13, 6:30 p.m.—**THE CHANGELING**—Cloris Leachman, Charles Martin Smith—Horror/Suspense/R
 Saturday, Nov. 14, 1 p.m.—**THE BUGS BUNNY/ROAD RUNNER MOVIE**—Animation/G
 Saturday, Nov. 14, 2:45 p.m.—**THE LEGEND OF THE LONE RANGER**—Klinton Spilsbury, Michael Horse—Western Drama/G
 Sunday, Nov. 15, 6:30 p.m.—**RACQUET**—Bert Convy, Lynda Day George—Comedy/R
 Monday, Nov. 16, 6:30 p.m.—**FATSO**—Dom Deluise, Anne Bancroft—Comedy/Drama/PG
 Tuesday, Nov. 17, 6:30 p.m.—**ARTHUR**—Dudley Moore, Liza Minnelli—Comedy/PG
 Wednesday, Nov. 18, 6:30 p.m.—**HAPPY BIRTHDAY TO ME**—Melissa Sue Anderson, Glen Ford—Horror/Drama/R
 Thursday, Nov. 19, 6:30 p.m.—**SEPARATE WAYS**—Karen Black, Tony Lo Bianco—Drama/R



READY FOR THE SEASON—NRMCO basketball players use the newly-refinished base gym for a pre-game practice. The interior was recently completely repainted and floors refinished.

Thanksgiving Day Message



Many years ago, despite natural hardships and the fear of a new and sometimes hostile environment, our Pilgrim forefathers set aside a special day to recognize divine goodness and to give thanks for a bountiful fall harvest to see them through the cold, barren months of winter. This holiday was appropriately named Thanksgiving Day and ever since, it has become an American tradition to pause and celebrate this occasion on the fourth Thursday of each November.

In each intervening year between the time of the first Thanksgiving to the present, Americans have faced problems—not exactly the same as those of the early Americans—but just as perplexing and worrisome. Thanksgiving Day 1981 is no different. We worry about the economy, and we are concerned with a threat from our enemies. The many things for which we should be thankful, however, far outnumber the negative ones.

As you sit down to enjoy the traditionally American feast, I ask you to join with me in giving thanks for our freedom, for our health, for the relationships we enjoy with others, for such gifts of nature as beautiful sunsets and flowering trees—and for our success at this medical center in giving life and restoring well-being to thousands of others during the past year.

May you and your families enjoy a happy—and meaningful—holiday.

W. M. LONERGAN
Rear Admiral, Medical Corps, U. S. Navy
Commanding Officer



Oak Knoll's Holiday Menu

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

THANKSGIVING DAY MENU
NOVEMBER 26, 1981

APPETIZER

Vegetable Cocktail

SOUP

French Onion with Croutons and Grated Cheese

SALAD

Fruit Salad
Green Salad
Macaroni Salad

ENTREES

Roast Turkey with Cornbread Dressing and Giblet Gravy
Glazed Hickory Smoked Ham with Raisin Sauce

CAPTAIN'S PLATTER

Fried Shrimp, Scallops, Sole and Oysters
Cocktail Sauce and Tartar Sauce

VEGETABLES

Snow Flake Potatoes
Candied Yams
Green Beans
Corn O'Brien

DESSERTS

Pumpkin Pie Ice Cream Mince Pie
Assorted Fruit, Nuts, and Candy Beverages

the Oak Leaf



NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, November 20, 1981

Branch Clinic corpsman is region's Sailor of Month

For the first time in recent years, a corpsman assigned to one of the medical region's branch clinics has been selected as Sailor of the Month for Naval Regional Medical Center, Oakland.

Hospital Corpsman Third Class Karri E. Ragan-Dubois, 28, Administrative Assistant at the Concord Naval Weapons Station clinic, captured the honor for the month of October for her sustained superior performance of duties in such areas as Military Sick Call, EKG and Physical Examination, Information and Records, Treatment Room and Medical Administrative Sections, and as the clinic's watchstander.

With three and a half years service in the Navy, she has been assigned to Concord for the past eight months, with prior duty at Naval Regional Medical Center Newport, R. I., and at the Marine Air Station in Iwakuni, Japan.

Petty Officer Ragan-Dubois was standing the night watch at the weapons station when Marine Corps Lance Corporal Terry Lee Kuusi slipped

on a ladder, caught his finger on a rung and severed the digit in a resulting fall. She aided in transporting the patient and the severed finger to Oak Knoll where microsurgeons successfully reattached the severed finger.

According to Lieutenant Commander Dale L. Holm, Officer in Charge of the Concord Clinic, "(Petty Officer Ragan-Dubois') appearance in uniform or civilian attire is sharp and neat. She has established an excellent rapport with peers and superiors as well as with patients... she is able to function completely under stressful situations and maintain a friendly smile."

With a hometown of Portage, Wisc., where her parents still reside, HM3 Ragan-Dubois is married and attends Diablo Valley College night classes. Her career goal is to become a Medical Service Corps officer in the Navy, or as a civilian social worker possibly attached to a hospital.

Her hobby at present is "attempting to learn the knack of sailing without spending half of the time in the water!"

Communications improvements due

Representatives of Pacific Telephone and Telegraph Company are conducting a station review survey to update service and expand telephone capabilities at Naval Regional Medical Center Oakland.

A computerized system will replace the mechanical method now in use and push buttons will be replaced with a touch tone. Each department will be contacted to determine their requirements.

Work on the installation of the new long-range pager system is now in progress and a target date of Dec. 30 has been set for completion. The range of this system, when installed, will be approximately 20 times greater than the present pager system of 10-15 miles. With the new capability, the entire Northern California area branch clinics, properly equipped, could tie-in with the medical center in Oakland.

JCAH team to visit here

A team representing the Joint Commission on Accreditation of Hospitals (JCAH) will conduct a routine survey of Naval Regional Medical Center Oakland on Dec 9-10, it has been announced.

Field representatives Helen Johnston, M. D.; Harold Gottlieb, FACHA, and Elizabeth Loftus, R. N., will evaluate the medical center's administrative and medical care standards.

During the last JCAH inspection here in September 1979, NRMCO was accredited for a two-year period by the civilian professional peer group.

NRMCO provides physician advice for medical emergencies at sea

Naval Regional Medical Center was recently tasked with providing medical advice to ships at sea with ill or injured crewmembers or passengers.

During normal duty hours, the Chief of Primary Care/Emergency Services will provide this service in cooperation with the U. S. Coast Guard, and after working hours, the Officer of the Day will be the initial contact in setting up the liaison between a senior physician and the military or merchant vessel with the patient onboard.

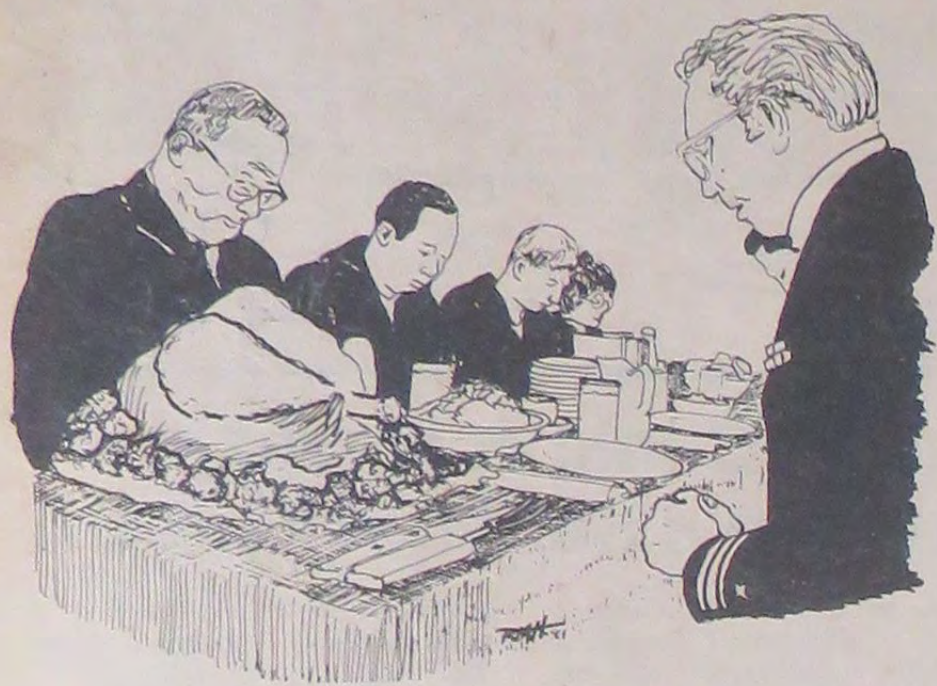
To assist in transmitting the medical information, a telecopier unit will soon be installed at the Information Desk in

Bldg. 500.

The advice, in the meantime, will be provided to the Coast Guard Search and Rescue Coordinator via prompt message, and/or by phone through the Coast Guard Duty Officer (556-5500), who may set up direct verbal communications between the vessel and the Oak Knoll physician.

Naval Regional Medical Center Oakland assumed these duties following closure of the Public Health Service Hospital in San Francisco. Coast Guard officials report 135 such cases were handled during the last fiscal year.

EDITORIAL



Happy Thanksgiving

Career Capsules

By HMC Barbara Heep

The prospect of living in various parts of the United States and the world is one of the features that makes a Navy Career an attractive, exciting adventure. Unfortunately, in order to avail ourselves of this benefit, we must endure the disruptive and sometimes frustrating experience of moving. For many, it is an uneventful and painless process. For me it is often an overwhelming, traumatic experience which must be endured.

Besides the ordinary apprehensions associated with moving, like being uprooted from things familiar, leaving friends, and ridding the household of all the junk accumulated since the last move, it's the limbo between moving and being settled again that is most exasperating.

To be at peace and comfortable, I must be settled in with my treasures and possessions in order. So finding suitable living arrangements must be accomplished quickly. This ensures that the painful ordeal is minimized and I can get back to living my life in a productive manner.

Therefore, I recently took five days Temporary Additional Duty (TAD) to San Diego for a house hunting trip. Since this authorization is such a new program, I've never had the opportunity to do this before and I'd like to share some of the mistakes I made with you. Possibly it will not be such a learning experience for you, but a successful endeavor.

I was allowed to take the TAD from Saturday, Oct. 3, to Monday (Columbus Day), Oct. 12. Only now do I realize that this was possibly the worst time of year to attempt this. The fiscal year starts the first of October and everyone who could not transfer until funding was approved was held at their command until that date.

When I reported to the Housing Referral Office (HRO) at Naval Station, San Diego, on Monday, Oct. 5, the entire Navy had checked-in just before me. I waited for my interview, for two and one half hours, in a very comfortable room which was filled with a variety of reading material, color T.V., tuned to my favorite soap opera, child-sized chairs for the kiddies and marvelous conversation. Everyone seemed to be seeking the same thing I was: the Taj-Mahal catering to pets, children, tenants with waterbeds, or singles, etc., at the BAQ and VHA rate.

When I was finally called into the office for my interview, I was greeted by the most delightful woman who told me that not only was it much too soon to have availabilities in their office (I must report not later than Nov. 26) but I needed to modify my goals slightly. I would find few vacancies in my price range, when the realtors had no trouble renting a one bedroom for \$500. She gave me three very promising listings and a standard HRO publication of possibilities.

Four days later, after exhausting all of the HRO lists and classifieds, I made the rounds to real estate management and realty agents, only to be confronted again with "it's really too soon to have that information, why not check back at the end of the month." With the influx of military and university students, the area has not been caught in a vacancy crunch.

The next time I set out on TAD to find my heart's desire in living accommodations, I will be well armed with the knowledge gained from this experience.

I pray that I never have a rotation date of September, October or November again, but more importantly, unless you are buying in the area, you receive little assistance from managers or agents. Had I waited until the end of October, I may have been more successful.

I am confident that I will find a home in San Diego, but I will likely have to pay more than I feel I should and it may take my entire leave period to scout.

When you are approaching your next move, use all of the resources available, and plan your trip as close to the date you want to accept housing as you can. Be realistic and as informed as possible about the area in which you are relocating and, above all, keep your sense of humor. St. Elmo (patron of sailors) won't let us stay adrift too long.

(Editor's Note: This is Chief Heep's last column for Oak Leaf. She has detached from this command and the last time we heard, was still house-hunting in San Diego.)

A time of celebration

By Chaplain Kathy Brown
LT, CHC, USNR

"Give thanks always for all things unto God and the Father in the name of our Lord Jesus Christ." (Ephesians 5:20)

Every day is our day of Thanksgiving,
Beginning with the simple things we share.
Fresh air to breathe,
Food to eat,
Water to drink,
Clothes for protection,
And the consolation of our homes.
With these things, our day of Thanksgiving.

The soft and tenderness of humankind,
The confines of mother's arms,
The confidence of father's strength,
The childhood friends that jumped the fence,
The tear drops which fell from our eyes,
The laughter and excitement of a good life.
With these things, our day of Thanksgiving.

The meaning and purpose of one's life,
The loyalty and commitment of one's dream,
The Blessed hope of the Savior's Redemptive Blood,
The inspiration of God's Undying Love,
With these things, our day of Thanksgiving.

Come one, come all, to this great event,
To help us give thanks for all the benefits.
Blessed Parent, thank you for every day,
Our Day of Thanksgiving all through the year.

Mrs. Niemann says thanks

Thank you so much for the pictures. Not bad for an old lady.
You have all been so nice to me. I hate to leave, but I'll always remember my days at Oak Knoll, and being with you beautiful people.

Gladys Niemann

(Editor's Note: Mrs. Niemann, until her recent retirement, was a very active Red Cross volunteer at this hospital.)

Comptroller, PM Service commended

The staff of the Comptroller's Office under Commander Robert P. Legg has received a Letter of Commendation from the Naval Regional Dental Center (NRDC) at Treasure Island. The letter commended the effort of the Comptroller's office for "outstanding support... while performing accounting function" for that command.

Due to the efforts of the Comptroller's office, NRDC has been able to utilize their resources in "rendering care to units of the operating forces and other eligible beneficiaries."

The letter cited the "extra effort provided by Mrs. Margaret Paulson, Mrs. Barbara Thompson, and Mr. Robert Crum. They have without exception, dealt with financial matters of this command (NRDC) with the same concern and desire that is provided for their primary accounts."

Dental Corps Captain M.R. Wirthlin, NRDC Commanding Officer, wrote that "The Comptroller service staff personnel have provided a most timely support and rapid feedback in all phases of resource management. It is with great pleasure and keen appreciation that I present this commendation for a job most well done."

Commander George Hansel and the staff of the Preventive Medicine Service/Preventive Medicine Technician School of Naval Regional Medical Center, Oakland have received a letter of appreciation from A. H. Baumhofer of the Navy Environmental and Preventive Medicine Unit No. 5, Naval Station, San Diego, on behalf of LCDR David E. Conwell, MC, USN, "for the many courtesies" shown him during his recent visit to the PMT School.

During the five day visit Aug. 31-Sept. 4, Dr. David Conwell, an Epidemiologist delivered lectures on epidemiology and infectious disease control. His command was especially appreciative for the "feedback from staff and students who attended these lectures (as it) has been quite valuable in further revising and modifying the content of these talks to better meet the needs of our usual audiences."

The San Diego-based Environmental and Preventive Medicine Unit looks forward to "continuing opportunities" to have input into the PMT School in matters of mutual benefit.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Commanding Officer

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



WET WELCOME—The USS SAN FRANCISCO (SSN 711) arrives at its namesake city and is welcomed by fireboats and spraying water in San Francisco Bay. The sub took the city's Mayor Diane Feinstein, the Honorable John

S. Herrington (Assistant Secretary of the Navy), and Admiral James D. Watkins, Commander in Chief of the Pacific Fleet, for a cruise of the bay. (Photo by PH3 Curt Fargo)



PARADE OF SHIPS—A flotilla of nine Navy ships returns under the Bay Bridge to pass in review near Treasure Island. The Bay parade, led by the guided missile cruiser USS CALLAGHAN, kicked off the recent Fleet Week in the San Francisco Bay Area.

(Photo by PH1 Corinne Kelly)

PMT School to graduate 22 students Dec. 4

Preventive Medicine Technician School Class 95 will graduate in local ceremonies on Dec. 4. The students will have completed a 26-week course involving all aspects of preventive medicine.

At this writing, the valedictorian is yet to be named.

Following is a list of the graduates and their new duty stations:

HM3 Claudia Abromeit, DVECC, Jacksonville, Fla.
HM3 Gary W. Baugh, NRMC Jacksonville, Fla.
HM3 Paul Burke, NARMC Pensacola, Fla.
HM2 John M. Cadrain, NAS Midway Island.
HM3 Veronica Castro, NRMC Jacksonville, Fla.
HM1 Melvin Dunn, Detachment A, Iwakuni, Japan.
HM3 Gregory Frigon, NRMC, Okinawa.

HM2 Ronald Hill, NAS Meridian, Miss.

HM3 Donna L. Holloway, NRMC San Diego, Calif.

HM3 Mark L. Klinge, NH Roosevelt Rds., P. R.

HM3 Robert E. McDonald, NRMC Branch Clinic, New Orleans, La.

HM3 Russell L. Miller, NRMC Japan.

HM2 Allen J. Mills, USS MOBILE (LKA-115).

HM2 James E. Pfeifer, USS RANGER (CVA-61).

HM3 William G. Puckett, NRMC Orlando, Fla.

HM3 David G. Steiner, NRMC Corpus Christi, Tex.

HM3 Sandra S. Storey, Branch Clinic, Pt. Hueneme, Calif.

HM3 David Treherne, EPMU-2 Norfolk, Va.

HM3 Frank A. Valeriano, NAS Norfolk, Va.

HM3 Kevin M. Whideman, NH, Patuxent River, Md.

HM2 Billy F. Wright, AS-31 Simon Lake, Kings Bay, Ga.

HM2 Andy A. Wyatt, USS SARATOGA, Mayport, Fla.

Supplements for sale at Alameda commissary

Patients requiring special nutritional supplements and enteral formulae may now purchase them from the Alameda Naval Air Station Commissary, according to Lieutenant Commander Douglas Love, head dietician here.

The following are available:

- Vivonex Standard.
- Ensure.
- Ensure Plus.
- Meritene (Vanilla and Chocolate Flavors).

Five jobs open

Applications are being accepted throughout today for the positions of Mechanical Engineer, Nurse Practitioner (Family), and Supervisory Clinical Nurse. Other openings include Medical Technologist, closing Nov. 23, and Supervisory Staffing Assistant, closing Nov. 25.

Selection will be made at the GS-5, 7, 9 or 11 level for the Mechanical Engineer position located in Public Works Service. Qualifications include successful completion of a full four-year professional engineering curriculum leading to a bachelor's or higher degree in engineering, plus experience in that field.

The Nurse Practitioner (Family) job is located at the Branch Clinic of the Mare Island Naval Support Activity. The position may be filled at the GS-9 or 11 level. Applicants must have current registration as a professional nurse.

The Supervisory Clinical Nurse, a GS-10 position, is for the GYN/GU Ward at Oak Knoll. Duty will require rotating shifts, including some weekend duty. Applicants must also possess current registration as a professional nurse.

Whoever is selected for the Medical Technologist, GS-7 job will be employed in the Special Chemistry Section of Laboratory Service at the medical center.

The Supervisory Staffing Assistant, GS-6 or 7, will join the Civilian Personnel Service staff to provide technical assistance to Personnel Management Specialists, perform recruiting functions, etc.

For further information on any of the above vacancies, call Civilian Personnel Service, Ext. 2116.

Uniforms by mail

Looking for new uniforms in the local Navy Exchanges and can't seem to find them? Well, now you can order them.

To fulfill your uniform needs just send order to:

Norfolk Uniform Mail Order Center
P. O. Box 15065
Norfolk, Va. 23511, or call Autovon 690-8307.

FOR YOUR INFORMATION



CHAPLAIN CORPS HISTORY LOCALIZED—Naval Regional Medical Center Oakland's Senior Chaplain, Captain M. D. Seiders, baptizes recruits at Naval Training Center Bainbridge some 30 years ago.

Navy Expeditionary Medal for Indian Ocean service

The Navy Expeditionary Medal for Indian Ocean contingency operations has been approved for the period Nov. 21, 1979 through Oct. 1, 1981.

Personnel permanently attached to and serving with ships or units designated are entitled to the award. Eligible

personnel should contact their personnel office to confirm eligibility and ensure appropriate service record entries.

More information may be found in OPNAVNOTE 1650 of Aug. 25, 1981.

Navy space symposium sets new career choice

The Navy Space Symposium, sponsored by Chief of Naval Operations Admiral Thomas B. Hayward and the National Academy of Sciences, recently addressed the implications of space for future naval operations and the developing space programs in the Navy. The symposium provided a forum for increasing public awareness of the Navy space program.

Keynote addresses were delivered by Admiral Hayward and Dr. Eberhardt Rechtin of the National Academy of Sciences.

In his address to the symposium, CNO announced the creation of a new Navy space subspecialty. A board will convene in the fall of 1982 to select the first space subspecialists. Details will be published in an OPNAV notice in the spring of 1982. A curriculum leading to a masters degree in space sciences is also being developed by the Naval Postgraduate School. Further information and admission requirements will be provided in a forthcoming revisions of the postgraduate school catalogue.

During the three-day conference held at the Naval Postgraduate School in Monterey, more than 700 attendees from Navy, aerospace industries, academia, DoD, and other government agencies were present. The list of distinguished speakers included the Honorable Richard Delauer, Undersecretary of Defense for Research and

Engineering, NASA Astronaut and Navy Captain Robert Crippen, Admiral Isaac Kidd, Jr., USN (Ret.) and Vice Admiral Kinnaird McKee, Director, Office of Naval Welfare.



CHAPEL OF HOPE
Third Floor, Bldg. 500
Naval Regional Medical Center
Oakland, California
THANKSGIVING SERVICES

12:30-1:15 p.m., Wednesday,
Nov. 25: Protestant Thanksgiving Service.
12 noon, Thursday, Nov. 26—
Catholic Mass of Thanksgiving.

Navy chaplains to mark 206 years of service

On Nov. 28, Navy chaplains will celebrate the 206th anniversary of their corps. Just over 900 clergypersons from 54 denominations serve at Navy, Marine Corps and Coast Guard installations and aboard ships worldwide.

The Navy Chaplain Corps traces its history to the birth of the Navy itself. The Continental Congress, on Nov. 28, 1775, provided for divine services aboard ships of the 13 colonies by directing: "The commanders of the ships of the Thirteen United Colonies are to take care that divine services be performed twice a day on board, and a sermon preached on Sunday, unless bad weather or other extraordinary accidents prevent."

The ministry of Navy chaplains has many dimensions. Shipboard chaplains and chaplains assigned to Marine units overseas provide leadership in humanitarian work. Chaplains always find willing helpers among sailors and marines in accomplishing projects that

enhance the physical and spiritual well-being of local populations.

In the area of human relations, chaplains have worked tirelessly to promote good will and understanding between men and women of various races, both within the military service and in significant community relations. The need for harmonious interpersonal relationships and equal opportunity are principles that guide chaplains in their personal counseling and group work, as well as their sermons.

Chaplains have worked energetically in the development of the lay leader program that assures the outreach of spiritual ministry in the Navy and Marine Corps. Lay leaders are carefully selected and are trained laymen who are designated by their commanding officers to conduct appropriate services or devotions when no chaplain is present.

The variety of opportunities for service makes the Navy chaplaincy a unique ministry. In an ecumenical environment, the Navy chaplain functions as a faithful representative of his/her own Church to provide moral and spiritual nurture for the Navy community.

Five chaplains are assigned to NRMCO Oakland: CAPT M. D. Seiders, United Methodist; CDR M. J. Hary, Roman Catholic; LCDR S.D. Tambourin, Roman Catholic; LT J.L. Hoppus, United Methodist, and LT M.K. Brown, Church of God.

Improvements made in veterans' benefits

Approximately 2.3 million veterans, along with 240,000 surviving spouses and about 83,000 children of deceased veterans began to receive larger Veterans Administration compensation amounts this month.

The increase, and other improvements in veterans benefits, are the result of a law signed by President Reagan Oct. 17.

It provides for an average 11.2 percent in VA compensation rates for service disabled veterans, and the same increase for surviving spouses and children of veterans receiving dependency and indemnity compensation (DIC).

Agency officials said the increased amounts were not reflected in the regular November checks, but were provided by means of supplemental checks issued shortly after the first of the month. The full amount of the increases will be included, beginning in December, in the single monthly check.

The rate boost means an increase from \$54 to \$58 per month for a veteran with a disability rated at 10 percent. A veteran with a 50 percent disability receives \$328 a month, up from \$291, and a veteran with a 100 percent disability receives \$1,130 a month, up from the former \$1,016.

The legislation also increases the annual allowance, from \$274 to \$305, made to certain veterans whose artificial limbs cause wear on their clothing.

The VA's assistance allowance toward the purchase of a specially adapted automobile, or other eligible vehicle, by certain handicapped veterans was increased by the new legislation from \$3,800 to \$4,400.

The Agency may now make these payments to certain veterans suffering from service-connected ankylosis of one or both knees when specially adapted vehicles are deemed by VA to be necessary in meeting state driver's license requirements.

In another area, the legislation increases to \$35,000 the maximum amount of Serviceman's Group Life Insurance and Veteran's Group Life Insurance that may be purchased by eligible veterans.

(Continued to Page 5)

**People
are
dying
for your
help.**

**Give
blood.**

Irwin Memorial Blood Bank will conduct a blood drive on Nov. 24 and 25 at Oak Knoll on 5 East between the hours of 7:30 a.m. and 4 p.m.

A keyperson has been assigned for every 20 persons at NRMCO Oakland to explain the blood program and make appointments. Anyone wishing to donate blood should contact the keyperson in their department, or call Ext. 2283.

Because of the unexpected large turn-out and long lines from the previous Blood Drive, the November collection will be spread over two days. This should eliminate the long lines a spokesman said, and insure that appointments are kept.

These quarterly drives provide the major source of income for the NRMCO Oakland Blood Bank Account with Irwin Memorial Bank. We encourage all individuals who can donate to do so as this represents a major source of blood components and blood products needed by our patients.

PEOPLE MAKE NEWS

Admiral Arleigh Burke, 80, made honorary naval aviator

Admiral Arleigh "31-Knot" Burke, highly decorated World War II destroyerman, became an honorary Naval Aviator in October ceremonies at NAS, Pensacola, Fla.

The 80 year old admiral was honored at a banquet held in conjunction with the dedication of the Naval Aviation Museum Hall of Honor. Burke earned his 31-Knot nickname from Admiral William F. ("Bull") Halsey after his destroyer squadron steamed all night at 31 knots to reach his assigned position in the Pacific campaign.

Secretary of the Navy John Lehman led the group of dignitaries lauding the career of the retired Admiral and his contributions to Naval Aviation.

In the mid-20s, Burke, a Lieutenant Junior Grade, applied for aviation but wound up with orders to sea. His close and lasting encounter with Naval Aviation came in 1944 when he was ordered from his Pacific destroyer squadron to the aircraft carrier USS LEXINGTON as Chief of Staff for Vice Admiral Marc A. Mitscher. The Mitscher-Burke team was an enduring one, and after World War II, Burke, as OP-23, spearheaded the battle to save Naval Aviation in the service unification fights. The Army Air Corps, splitting from the Army to form the Air Force,

also wanted to take aviation away from the Navy.

As the last Chief of Naval Operations to serve six years (1955-1961), Burke pushed for large aircraft carriers, jet aircraft and missiles, and an electronic warfare capability in aircraft. He also advocated an increasing role for antisubmarine warfare and the use of helicopters to countermine threats.

During the ceremony, the Secretary of the Navy said the U. S. has a chance "to restore unqualified naval superiority only because there has been a sustained and unbroken tradition of naval preeminence as the keystone of U. S. superiority." The secretary called the "Lehman Doctrine" a "restatement of the doctrines of naval leaders such as George Anderson, Tom Moorer and Arleigh Burke." Lehman cited the ability of Burke to take the lessons learned in combat and transfer them to the political level. A reserve naval aviator himself, he told Burke, "You do us all a great honor to join us and accept the wings of a naval aviator."

Vice Admiral Wesley L. McDonald, Deputy Chief of Naval Operations for air warfare, read the citation designating Admiral Burke as Honorary Naval Aviator No. 14.

Kudos.....

NAVY ACHIEVEMENT MEDALS

Lieutenant Gail Gullickson, Medical Corps, Medical Service resident.

Chief Hospital Corpsman Michael P. Mahoney, Treasure Island Branch Clinic.

LETTERS OF APPRECIATION

Lieutenant Commander Claudia Robertson, Medical Corps, now detached.

Hospital Corpsman Second Class Charles Frye, Psychiatry Service.

REENLISTMENT

Hospital Corpsman Second Class Frankie McGrew, Orthopedics.

Tax penalty softened for two-earner families

To reduce the past marriage penalty for two-earner families, the 1982 tax legislative package allows a five percent deduction of the first \$30,000 in earnings for the spouse with the smaller income next year. Further, it allows a 10 percent deduction of the first \$30,000 from 1983 on, to a maximum of \$3,000 in deductions.

For example: Assume an E-6 and spouse both work. They have a gross income of \$30,000—\$15,000 from the E-6, \$14,000 from the spouse, and \$1,000 of taxable income from other sources. The taxable income on their 1981 joint return totals \$22,000 after standard deductions such as mortgage interest, non-taxable entitlements, charitable contributions, etc. A tax of \$3,730 is due.

In 1982, the couple can reduce its gross taxable income to \$21,300 by deducting \$700—five percent of the \$14,000 from the spouse. Tax on this amount will be \$509 less than for the same gross income in 1981.

Continuing the example to 1983, the same couple can deduct \$1,400—10 percent of the \$14,000 income of the spouse—to give a taxable income of \$20,600. The couple will pay a tax of \$2,700 on this amount, \$980 less than the 1981 tax and \$466 less than that paid in 1982 on the same amount.

For further information and guidance refer to your local Internal Revenue Service Office.



WHO IS IT?—This young lad was attending boot camp at Great Lakes in 1955 when this photo was taken. He went on to become a Communications Technician chief. Today he is a prominent physician on the Naval Regional Medical Center Oakland staff. Watch for the answer in the next issue.

Corpsman takes lead in 'Bye Bye Birdie'

Hospital Corpsman First Class (SS) Patrick A. Gerrells has the leading role of "Albert" in the musical production of "Bye Bye Birdie." The play, which is on a three-week engagement at the Vacaville Community Center, will have its last showing tonight and tomorrow.

HM1 Gerrells has been assigned to the NRMCC Branch Clinic, Mare Island for the past three months. Prior to his present duty station he was stationed aboard the submarine USS WASHINGTON where he was the Nuclear Submarine Medicine Technician and the Medical Department Representative. He had been on submarine duty for the past three years and hadn't had the opportunity to engage in his favorite past time of acting. Therefore he lost no time to get back in theater.

Petty Officer Gerrells extends an invitation to anyone who would like to see the play and states that another sailor, PM3 Linda Boyd of Mare Island, is also in the production. The cost is \$4.50 and tickets can be purchased at the door.

Dawson, Maxwell attend legal seminar

"Update 81, the Prosecutor and the Juvenile Court," a national seminar held recently in Reno, was attended by Lieutenant Commander Mark R. Dawson, Staff Judge Advocate, and Legalman First Class Connie S. Maxwell of his office.

The program, co-sponsored by the National College of Juvenile Justice and the National College of District Attorneys, was attended by 67 participants from 27 states.



"Matlock, I told you to get that hair cut!"

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently departed this command:

LCDR Claudia Robertson, Medical Corps, released from active duty.

HM2 Trine L. Lounsbury, ARS, released from active duty.

HM2 Ronald Donner, Hypertension Clinic, released from active duty.

HM3 Patricia Vessels, Cardiology, to San Diego.

HN Reynaldo Ignacio, Pharmacy, to USS NEW JERSEY.

BTFN Luis Salcido, Mail Room, to USS MARS (AFS-1).

HN Iwona Wozcik, Security, to NRMCC Orlando.

HA Rolanda Cardero, Special Services, to 3rd FSSG, Japan.

HR James Kemmer, Eye Clinic, to 3rd Marine Division, FMFPAC Okinawa.

MM2 Thomas Williamson, released from active duty.

HN Frederick Dalpay, released from active duty.

HM3 Guylene Hinkle, to NSHS San Diego.

HM3 Eloise Smith, to NRMCC Bremerton.

"Welcome aboard" to newly arrived:

ENS Irene Scaltsas, Clinical Clerk.

LT Sue Colligan, Clinical Psychologist.

CAPT Charles Hamlin, Medical Corps, indoctrination.

LT Muriel Anderson, Nursing Service.

LT Steven Hart, Medical Corps, indoctrination.

DTCS Joe C. Brown, Dental Service.

HM3 Stephen Palmer, Dermatology.

HA Chris Scoggins, Nursing Service.

HR Kris L. Esterling, Nursing Service.

DT2 Richard Souza, Dental Service.

HA Margaret Kaczor, Nursing Service.

HA Anita Byars, Nursing Service.

HN Robert Arrowsmith, Education & Training.

HA Wendell Turner, Nursing Service.

HM3 Judy Collins, Nursing Service.

HM3 Richard Matheny, Nursing Service.

HM3 Charles McNally, Nursing Service.

HA Bill Darganel, Outpatient Service.

HM3 Achim Inman, Nursing Service.

HA Leslie Eason, Nursing Service.

HN Michael Lalonde, Nursing Service.

HN Louis Welch, Nursing Service.

HM1 Thomas Jeffreys, Medical Repair.

HM2 Thomas Johnston, Psychiatry.

HM3 Michael Goldsberry, X-Ray.

HM2 Deborah Furr, X-Ray.

HM3 Deanna Woodford, X-Ray.

HN Kevin Saunders, Nursing Service.

Former champ dies at Oak Knoll

Lew Jenkins, Sr., 64, former lightweight boxing champion of the world and a retired Army First Sergeant, died Oct. 30 at Naval Regional Medical Center Oakland after a long illness.

Jenkins took the title May 10, 1940 when he knocked out Lou Ambers in the third round at Madison Square Garden in New York City. He held the title until Dec. 19, 1941 when he lost to Sammy Angott in the 15th round. His last fight was on April 14, 1950 when he knocked out Beau Jack in the Sixth round.

Jenkins, nicknamed the "Sweet-water Swatter" is credited with 109 bouts, 47 KOs, 19 decisions and five draws. He was KO'd 12 times and lost 26 fights by decision.

Survivors include a wife Lupie of Concord and a son, Lew Jenkins, Jr., of Pleasant Hill.

The former champ was buried with full military honors at Arlington National Cemetery.

Vet benefits

(Continued from Page 4)

The legislation also permits VA to guarantee, for the first time, graduated payment home mortgage loans, and it increases to \$32,500 the assistance the Agency may provide to certain disabled veterans for adapting their residences, for example, to the requirements of wheelchair-bound individuals.

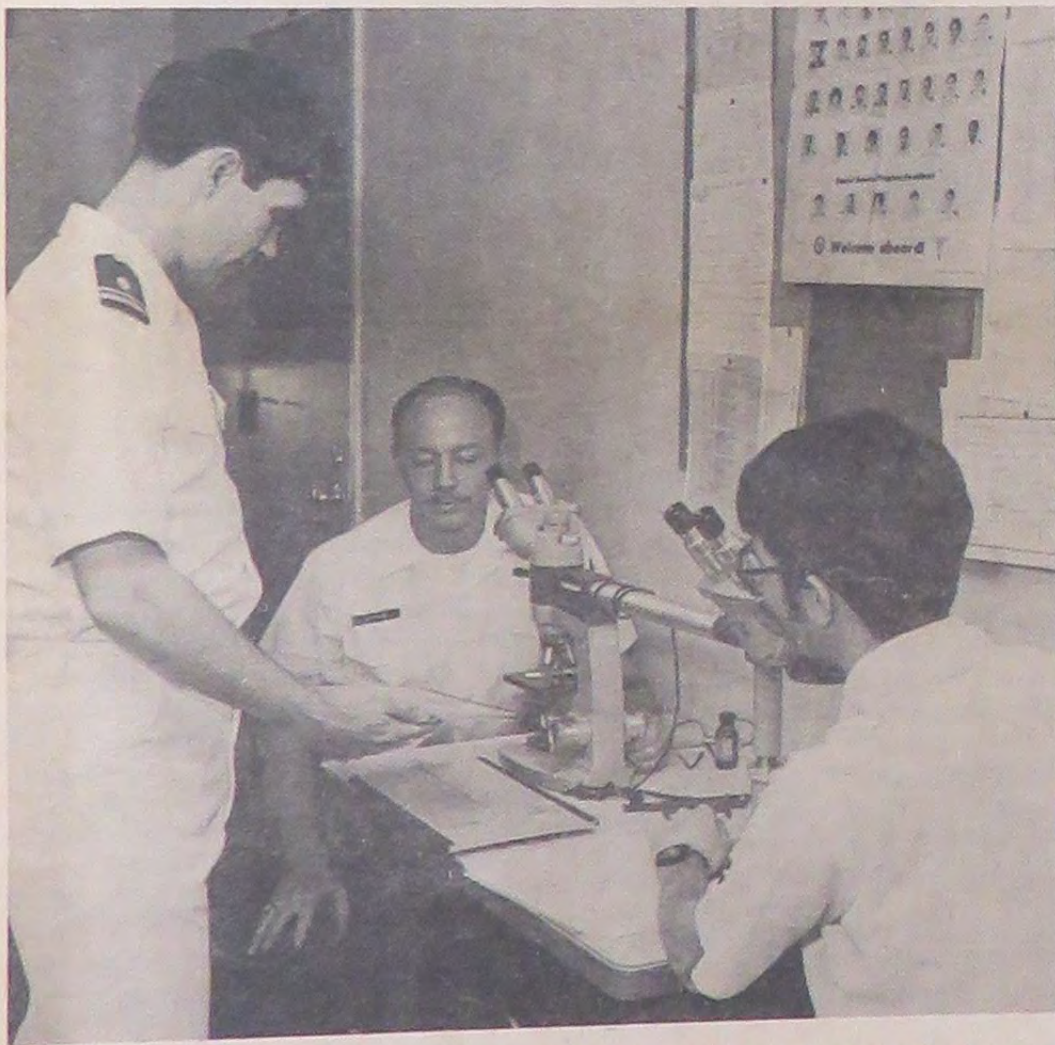
Further, VA may now furnish a headstone or marker to commemorate veterans whose remains have not been recovered or identified; were buried at sea; were donated to science, or were cremated and the ashes scattered.

Veterans Administration officials emphasized that full details of all changes in the compensation regulations, and eligibility requirements, are available at the nearest VA regional office, a veterans service organization, or at a local county service office.

SPEAKING OF HEALTH CARE



BLOOD CELL COUNTER—LTJG William J. White of Laboratory Service points out operations of a Coulter counter to students (l to r): HM1 Peter J. Franke, Stockton Branch Clinic; HN Bill R. Smithy, Centerville Beach Clinic; Mr. Severino D. Ibarra, Mare Island Shipyard Clinic, and HM3 Susan Lake, Moffett Field Clinic. The branch personnel were here to take a two-day refresher course in laboratory technology.



IDENTIFICATION—Lab officer LTJG Charles K. English (standing) shows a culture plate to HM2 Corey L. Newman, Mare Island Branch Clinic, and HM2 Gary Whiting, Alameda Branch Clinic, who will read gram stains through microscopes as part of their refresher training.

DEERS reaches halfway mark

As the Defense Enrollment Eligibility Reporting System (DEERS) celebrates its second birthday, DEERS officials report the program implementation about 50 percent complete.

DEERS is a DoD-wide centralized data base to confirm eligibility for health care. Benefits are provided to military active duty members, retirees, dependents and survivors.

When DEERS becomes effective in each area of the country, the local personnel offices take care of enrollment for active duty and retired personnel. Military personnel are counseled on the procedures to enroll their dependents in the DEERS system. Survivors (unremarried widows, etc.) not receiving annuities, and their dependents, will also be notified through local

civilian and military media concerning DEERS enrollment.

Until implementation is complete, no one will be denied treatment at military hospitals or clinics solely because his or her name does not appear in the system. Those later proven ineligible may be billed for services, or legal action may be taken.

The objectives of DEERS is to aid medical service providers in increasing availability of services and to protect the medical benefits of qualified personnel. Also, the data gathered by the system will provide an accurate information base on which decisions can be made concerning resource planning for such facilities as housing, medical care, education, exchanges and commissaries.

MED • SCAN

A quick look
at recent health care
developments

The temptation to nosh on a daffodil may sometimes be overpowering, but don't—it—and many other domesticated plants—and even parts of some vegetables—contains a deadly poison. For example, the **lowly potato** is a member of a highly poisonous family that includes the deadly nightshade. All parts of the plant—except the potato itself—are toxic. Even the potato, if green or spoiled, and its sprouts, can be toxic. Another common vegetable, **rhubarb**, can be toxic if the leaf blades are eaten, yet the leaf stalks are perfectly edible. Real danger also lurks in the common house plant. The varicolored leaves of the tropical plant **caladium**, can cause swelling of the throat, nausea, and diarrhea. Just a few seeds of the **castor bean** plant are enough to cause death, and the leaves, although not so deadly, are also toxic. **Dumbcane**, not surprisingly, will strike anyone eating it dumb. The vocal cords suffer a prolonged paralysis. **Lantana** or **red sage**, will kill by causing circulatory collapse. The berries, especially before they are ripe, are the most dangerous part of this flowering shrub. In the garden, **foxglove**, the source of digitalis, can cause nausea and irregular heartbeat, among other things, if the tubular flowers, leaves or seeds are eaten. **Lily of the Valley** contains toxins in practically every part of the plant: leaves, roots, fruit and the flowers. Eating any part of the plant will cause irregular heartbeat, dizziness and stomach upset.

The narcissus and its relatives the jonquil and daffodil, contain poisons in their bulbs which can cause nausea, convulsions, and death. Outdoor plants such as the **rhododendron** are totally toxic. The **oleander** is so toxic that just one leaf is enough to kill an adult. Fatalities have also been caused by people using a twig of this commonly found evergreen to skewer meat over a campfire.

A technique that is almost as successful as vascular surgery in restoring the flow of blood through blocked arteries was reported at the International Cardiovascular Society in Dallas recently. Called balloon angioplasty, the procedure involves threading a tiny balloon through an obstructed vessel and then inflating it. As the balloon unrolls during its inflation, it flattens the obstructing deposit of plaque against the arterial walls. Of 279 such procedures failures have been very few, 20 of them because the lesions in the vessels were just too long for the balloon to handle.

The ability to tolerate pain while performing at high levels of skill and effort seems to be one key to athletic success. Researchers, reporting in the *British Medical Journal* found that competitive swimmers, during the peak of their season, have a tolerance for pain that is nearly three times that of non-competitive swimmers. The measurement was done by stopping the circulation in an arm of each participant who was then asked to make a fist. The contraction of the muscles created pain. Tolerance was measured in the number of contractions a subject was willing to make at the rate of one per second. The researchers theorized that athletes do not have special physiological responses that separate them from non-athletes. The competitive swimmers had become acclimated to levels of pain that were much greater than that included in the experiment in their swimming. The conclusion of the experiment was that experience of pain and motivation were the reasons for high tolerance of pain. The view is that in a clinical situation if a patient's pain cannot be eliminated, then some tolerance to it might be developed by systematic, limited exposure to it.

Our patients write...

This letter is intended to try to thank you and your staff for the consideration, professionalism, care and kindness shown my wife, Mrs. Edith K. Sales. . . Your people showed every consideration, with compassion and kindness. I mean to include every doctor, nurse and technician involved. They all gave their best.

Dr. Traquina (a fine gentleman) and his team. Dr. Romer, Drs. Hamelberg and Clark. On Ward 6 West—Lieutenant Commander Christman is a fine nurse. She is very professional in her duties, while at the same time friendly, smiling and kind, attending the wants and needs of her patients. Also with her is a very fine group of ladies who do their very best. To name a few: Schallenburg, Scherer, Thurber, Guzman, Williams and Halton.

Chief of Nursing, Commander Murphy. . . she is on top of everything and knows what is going down. The hospitalmen are very professional and try very hard (to) care for and please everyone. We wish we could thank each and everyone in person. Sir, you can be very proud of your staff and your hospital.

Thomas W. Sales, BTC, USN Ret.
Mrs. Edith K. Sales
Castro Valley

My family and I would like to extend our thanks, gratitude and appreciation for the personal and professional help given to my wife and family during the years of her illness.

Our thanks and appreciation go especially to Internal Medicine embracing Dr. Donnell and his staff of very competent doctors and an outstanding nurse. Dr. Congdon, Dr. Miller and nurse Lieutenant Commander Monroe are truly professional. I credit Dr. Donnell and his staff with adding several years to Arnetta's life.

Also, we would like to offer thanks and appreciation to Dr. Kennan (Ortho) who was also Arnetta's doctor and friend and always had time and encouragement for her. Sir, you are truly blessed to have such fine doctors and nurses at Oak Knoll.

My family would also like to thank the entire staff on 9 West and 9 South who made us feel most comfortable during visits.

William E. Coogler, SFC (Ret)
and Family

WITH THE FAMILY

Activity sparks growth, awareness

Play 'must' for all Jacks, Jills

Mark Twain once said that play consists of whatever a body is not obliged to do. But for children, play is a way of learning.

Play surrounds a child with wonder, leading him or her on, testing body and mind. Play lets a child try out roles and learn about things, people, skills, language and concepts.

The more freedom a child has in play development, the more his or her awareness of the world will grow, according to a new Department of Health and Human Services booklet entitled "The Importance of Play." If too many expectations are thrust upon the child or demands made, motivation may be thwarted.

The child needs the opportunity to try out skills. A parent's role is similar to that of a gardener preparing the soil, making sure that the right ingredients are there and that the soil is tilled to help the plant grow straight and strong.

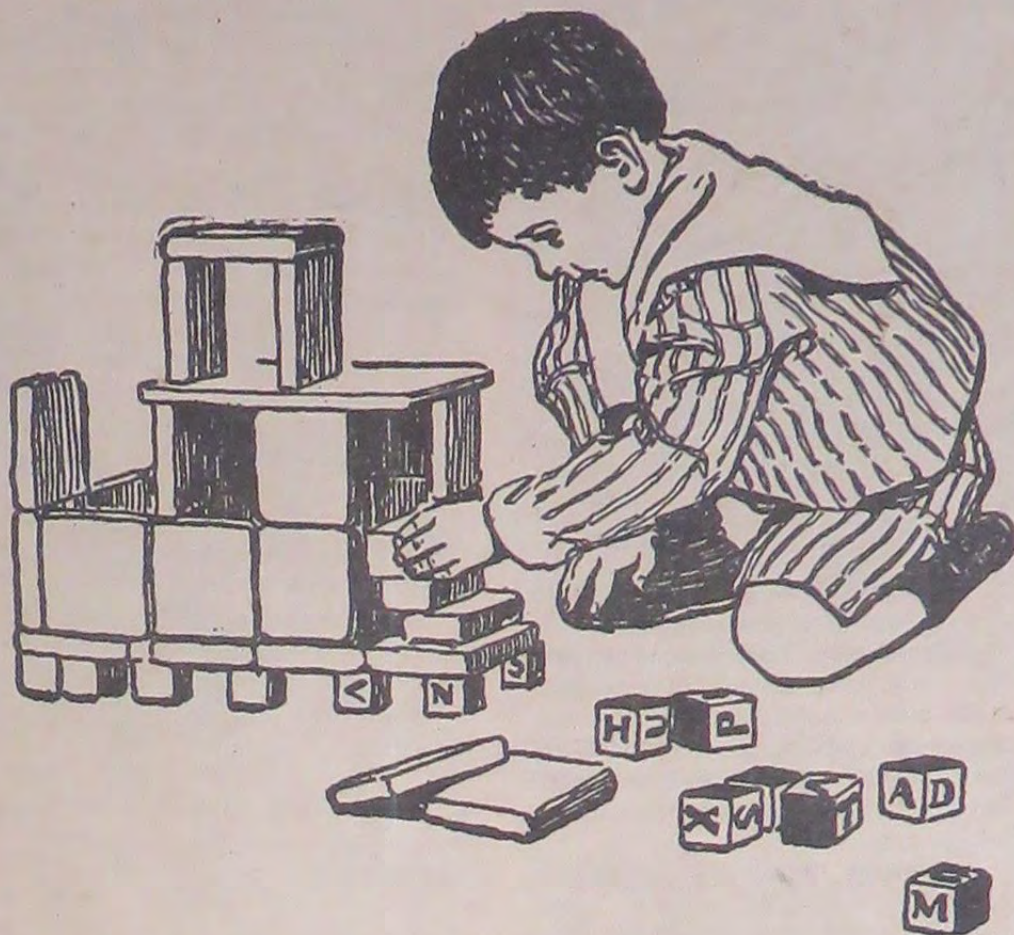
Parents should structure the environment, but not the play itself. They can stop an activity for safety's sake or help a child shift to other activities. But parental interference should be only when necessary.

Play changes as a child grows older. At about age three the issues of power arrive in play. Children practice such power tactics on each other as threats, pushes, kicks, screams, and fights.

They try to exclude others in order to get what they want, or they try to work their way into a group by smiling, bribing, or making someone else the target of ridicule and shame. Four-year-olds may even try to keep group life intact by scapegoating an innocent person.

Around the ages of four and five, children enjoy order and like to create ritual by doing the same thing over and over. They have answers for where babies come from and for everything else of interest. What they don't know, they invent.

By five years old, the child is more selective in choosing playmates; play



becomes more complex and lasts for longer periods of time. A five-year-old enjoys not only playing with friends but also playing alone near them.

Children five to seven years old like to get through a game without a mistake, but they also delight in limited disorder, like whirling around until they fall down with dizziness. Between five and seven, a child begins forming his or her own opinion of the balance between work and play.

By the time they reach eight to 12, children enjoy learning how to use adult tools like sewing machines, potter's wheels, and motor-driven implements. They also like to play games with adults, make models, and play musical instruments.

Teens are attracted to adult forms of play. Young teenagers are not happy

with toy versions of anything. They want community recognition for sports and hobbies. They love to dance and sing and tend to put more energy into play than into work.

Whatever your child's age, remember that play is a creative time—a time you might enjoy sharing once in awhile for the sheer fun of it.

To learn ways parents can support and encourage play without dominating it, get a copy of the Department of Health and Human Services booklet "The Importance of Play" by sending \$1.50 to Consumer Information Center, Dept. 221J, Pueblo, Colo. 81009.

Box costs more than it contains

Packaging and container costs for food and beverages often exceed the value of food ingredients inside, according to information released recently by the U.S. Department of Agriculture.

Beer packaging value is more than five times the value of the food component, the USDA information showed.

Ready-to-mix desserts, potato chips, table syrups, chewing gums, and soft drinks have a packaging value twice that of the food ingredient.

Breakfast cereals, soups, baby foods, frozen entrees and desserts have a packing cost one and a half times greater than the actual content. The packaging for cake mixes, condiments, wines, cookies and crackers amounts to about 90 percent of the cost of the contents.

On the other hand, red meats, raw produce, cheese, sugar and butter packaging value is only three to seven percent of the value of the food ingredients, the Agriculture information reveals.

On average, USDA says, about \$1 of \$11 consumers spend on food and beverages goes to packaging and containers.



The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to Hospital Corpsman Second Class Ricky Samuelson, Medical Department—U. S. S. CIMARRON, and his wife Patricia, Oct. 31.

A baby boy to Dentalman Second Class Ron McGhee, Dental Annex, and his wife Annabelle, Nov. 9.

A baby girl to Lt. William H. Noble, MC, Radiology Service and his wife Cynthia, Nov. 5.

A baby girl to Hospital Corpsman Second Class Nick Andaya, Radiology Service, and his wife Dyana, Nov. 3.

National Easter Seal Society

Early detection an aid in spinal curvature correction

Tired of telling your child to stand up straight? Maybe he or she can't.

Sideways curvature of the spine—or scoliosis—affects more than half a million teenage children in this country, but scoliosis can be controlled if it is detected early, says a new, free brochure published by the Easter Seal Society.

1. Is one shoulder higher (or lower) than the other?
2. Does one shoulder blade protrude?
3. Is there more distance between the arm and the body on one side than on the other?
4. Is a C- or S- curve pattern visible on the back of a child who is slender?
5. Has the upper back shifted to one side?

If the answer is yes to most of these questions, Easter Seals recommends that the child be checked for scoliosis by the family doctor or in a school screening program.

When scoliosis is detected early, there are excellent therapies to halt progressive curvature and even correct an existing curve. If scoliosis continues unchecked, it can lead to a permanent deformity which threatens the individual's psychological well-being and may also cause serious adult health problems.

A free sample copy of the scoliosis brochure is available from the National Easter Seal Society, 2023 West Ogden Ave., Chicago, Ill. 60612, with a self-addressed, stamped envelope.



HEARING TEST—Early detection is the key to correcting or controlling many handicapped conditions. In this photo, a youngster has her hearing tested in an Easter Seal mobile test center. The article describes an Easter Seal publication that outlines a test for spotting scoliosis.

(National Easter Seal Society)

Mail Early This Year

OFF DUTY

Oak Knoll to Squaw Valley special slated for Dec. 12

Make reservations with
Special Services NOW

It's really time to save!

The Better Business Bureau says, "Saving money is not a thing of the past." However, with the nation's double-digit inflation, consumers must devise a scheme to make their money work harder for them.

Potential savers must first assess their family's needs and goals. Financial planners usually suggest that a family save an amount equal to at least six months' income in an easily accessible account for emergencies. After that, other savings methods can be considered:

- **Passbook accounts** are available through banks, savings and loans associations and credit unions. When evaluating where to place your funds, ask about the rate of compounding, when the money is credited to your account, what minimum amount is required for earning interest, and if there are any penalties or bonuses. Not all passbook accounts are the same, and differences can add up. Passbook accounts (and certificates of deposit and money-market certificates) are generally insured up to \$100,000 by federal and state government agencies or by private insurers.

- **Certificates of deposit** involve a specific amount of money being deposited over a period of time in a bank, savings, credit or loan association. These certificates usually earn more interest than a Passbook Account. But if the money is withdrawn before the time period is up, a severe penalty is imposed, by federal law, on the interest.

- **U. S. Savings Bonds** are conservative time deposits commonly known as Series EE (matures in five years) and Series HH (matures in 10 years). The interest is exempt from state and local income taxes, and the federal taxes may be deferred until the bonds are redeemed.

- **U. S. Treasury Bills** require a \$10,000 minimum investment over three months to a year. You get a high interest rate, with earnings exempt

from state and local taxes. Treasury bills can be bought through a bank, stockbroker or directly from a Federal Reserve bank or branch.

- **Money-market certificates** offer a return comparable to the Treasury Bills through time deposits at banks, savings and loan associations and credit unions. There is a minimum investment of \$10,000 for six months; the earnings are taxable.

- **Common stocks** are investments that make the stockholder a part owner in a corporation. They are not insured. Blue-chip corporations (high priced stock with a good record of earnings and price stability) provide the least risk. The more speculative stocks may bring higher risk but often offer potential for greater gain.

- **Mutual funds** are investment companies that pool investors' funds and invest in stocks and bonds. The buying and selling decisions are made by professional managers who usually diversify the portfolio to minimize loss. Different funds are tailored to different goals; some seek high yield, others are more speculative by sacrificing present earnings for possible greater gains.

- **Money-market funds** are specialized mutual funds that pool funds for investment in short-term money-market instruments (certificates of deposit, commercial paper and government securities) at relatively high interest rates over short periods of time; they are not usually insured.

The best method of savings should be based on a person's situation and goals. In order to find out just which plan is appropriate for you and yours, consult a stockbroker or financial planner. To find one, ask friends, neighbors or business associates for recommendations and check with the Better Business Bureau for a reliability report. With or without professional guidance, a savings plan that is adhered to on a regular basis is a smart investment. (NES)



FAMILY FUN—The special thrills of Snow World at Sea World are available to military families at a 30 percent discount during the attraction's Military Holiday Special, Dec. 19 through Jan. 3. Coupons are available in Special Services.

MOVIES

Friday, Nov. 20, 6:30 p.m.—**NOBODY'S PERFECT**—Gabe Kaplan, Alex Karras—COMEDY/PG

Saturday, Nov. 21, 1 p.m.—**THE CAT FROM OUTER SPACE**—Ken Berry, Sandy Duncan—COMEDY-FANTASY/G

Saturday, Nov. 21, 3 p.m.—**THE LAST FLIGHT**—Elliot Gould, Sandy Duncan—ADVENTURE/G

Sunday, Nov. 22, 6:30 p.m.—**FOXES**—Jodie Foster, Scott Baio—DRAMA/R

Monday, Nov. 23, 6:30 p.m.—**THE LADY VANISHES**—Elliot Gould, Cybil Shepherd—COMEDY—ADVENTURE/PG

Tuesday, Nov. 24, 6:30 p.m.—**THE GREAT MUPPET CAPER**—Charles Grodin, Diana Rigg—ADVENTURE/G

Wednesday, Nov. 25, 6:30 p.m.—**THE FAN**—Lauren Bacall, James Garner—THRILLER/R

Thursday, Nov. 26—NO MOVIE SHOWN (Holiday)

Friday, Nov. 27, 6:30 p.m.—**URBAN COWBOY**—John Travolta, Debra Winger—COMEDY-DRAMA/PG

Saturday, Nov. 28, 1 p.m.—**ARABIAN ADVENTURE**—Christopher Lee, Milo O'Shea—FANTASY-ADVENTURE/G

Saturday, Nov. 28, 3 p.m.—**THE ONLY WAY HOME**—Bo Hopkins, Beth Brickell—DRAMA/PG

Sunday, Nov. 29, 6:30 p.m.—**DYNAMO**—Bruce Li—ACTION-DRAMA/R

Monday, Nov. 30, 6:30 p.m.—**THE LAST MARRIED COUPLE IN AMERICA**—George Segal, Natalie Wood—COMEDY/R

Tuesday, Dec. 1, 6:30 p.m.—**FOR YOUR EYES ONLY**—Roger Moore, Carol Bouquet—SPY-ADVENTURE/PG

Wednesday, Dec. 2, 6:30 p.m.—**BUSTIN LOOSE**—Richard Pryor, Cicely Tyson—COMEDY-DRAMA/R

Thursday, Dec. 3, 6:30 p.m.—**ATLANTIC CITY**—Burt Lancaster, Susan Sarando—DRAMA/R

Classifieds

FOR SALE

1981 Yamaha, 650 Special, w/trunk box, helmets, rainsuits and supplies. \$1800 or best offer.

Irish Setter puppy, 7 mos. old, all shots. Dog house and all supplies included. \$150 or best offer.

Cut down on PG&E bills. Pot belly wood-burning stove, never used. List \$400; make offer.

Men's Navy uniforms: Whites (pants 32-34; shirts 15½) and others.

Stereo with two small speakers, AM/FM, cassette, and 8-track and record player. Make offer.

Many other household items and baby articles. Must sell by Dec. 1. Call evenings, 481-2454.



"Over it or through it, you gotta stop at the main gate!"



NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, December 4, 1981

TRILAB information system to computerize test results

The clinical laboratory here at NRMCO will soon receive the first automated laboratory information system being procured by the Triservice Medical Information System (TRIMIS) Program Office (TPO). The individual laboratory project is titled Triservice Laboratory Information System (TRILAB).

The TRILAB project is one of many that have been in the working stages toward procurement by the Department of Defense in a Triservice mode for more than seven years.

The TRILAB information system will aid the entire command by making laboratory test results more available to the end users (physicians, nurses and ward personnel). This process will be accomplished by several means. First of all, cathode ray tubes (CRTs) will be provided at the following locations:

Second Deck

OB Clinic
Emergency Room
Outpatient Services
Inpatient Admissions

Fourth Deck

Med/Derm/Cardio Clinic
Surgical Clinic
Surgical Recovery
Cardiopulmonary Laboratory

Sixth Deck

Six West Nursing Station
Six North Nursing Station
Surgical ICU

Seventh Deck

Seven North Nursing Station
Seven East Nursing Station

Eighth Deck

Eight West Nursing Station
Eight South Nursing Station
Pediatric ICU

Ninth Deck

Nine West Nursing Station
Nine South Nursing Station
Medical ICU
Laboratory, Special Chemistry
CRTs will give health care providers immediate access to patient laboratory

test information. As soon as a laboratory technologist certifies the test results as correct the data will be available for viewing on a CRT. The second aspect to faster turn around comes with multiple interim patient reports throughout the day. These interim reports update the patient's chart at regular intervals and are followed by a day-end patient cumulative report which is provided in the early morning hours for insertion into the patient's chart prior to 6 a.m. A third means of decreasing turn around time on tests results will be effected by the computer sending emergency results instantaneously to pre-designated CRTs with an audible "beep" to alert personnel.

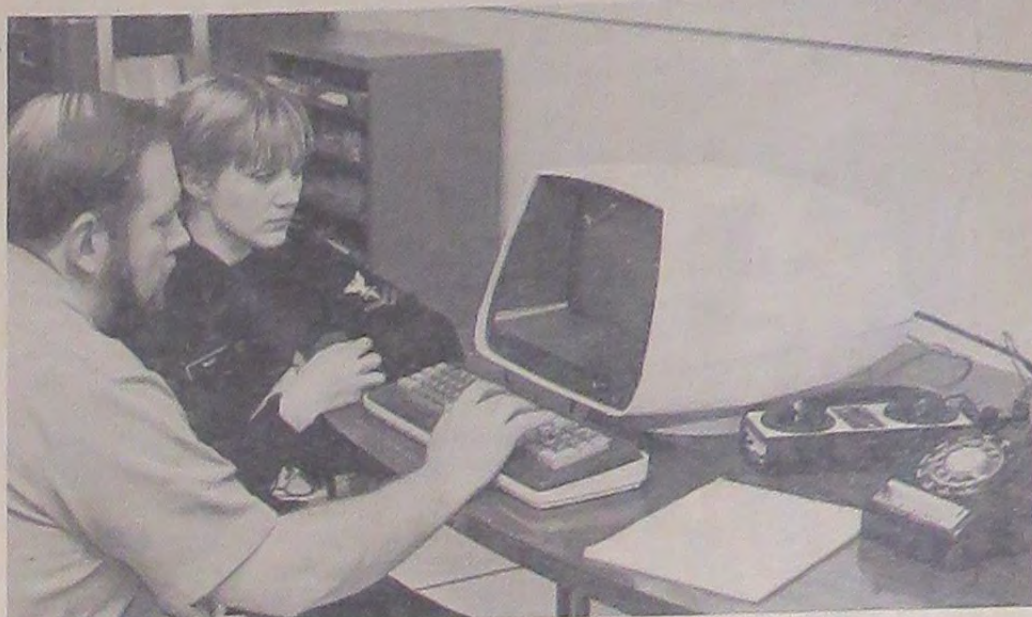
Decreasing information availability time is just one benefit of a data handling system. Information is often an undervalued resource. It is in fact the number one resource of the '80s. Information, Personnel, Funding and Materials will be the resource priorities of the future.

Follow-on articles on the TRILAB System will appear in future editions of the *Oak Leaf*. (LCDR R.E. FELTON, Laboratory Manager)

CFC success

The Combined Federal Campaign has ended at Naval Regional Medical Center Oakland with this year's total donations exceeding last year's record by some \$8,000, according to Lieutenant Larry Kilgore, project officer.

The command's keypersons collected a total of \$29,164, and those personnel who contributed so generously should take pride in their gifts to those unfortunate who are so deserving of our help.



TRAINING—Lieutenant Commander Earl Martin, Blood Bank officer, introduces HM2 Kathleen Wright, technologist in his unit, to the newly installed CRT in Lab Service.

ORT students graduate today

Eight students of Operating Room Technician School Class 81004 graduated in local ceremonies today.

The corpsmen completed two phases of instruction: eight weeks didactic on aseptic technique and 18 weeks of clinical experience in various surgical services.

HN Terry L. King was valedictorian and spokesman. His new duty station will be NRMC Jacksonville, Fla.

Other graduates and their new duty stations are:

HA Noah M. Albertson, Jr., NRMC Great Lakes, Ill.

HA Thomas E. Bliss, NRMC Oakland, Calif.

HM3 Joseph V. Carr, NRMC Long Beach, Calif.

HM3 James D. Held, NRMC Long Beach, Calif.

HM3 Douglas W. Hochstater, NRMC Bremerton, Wash.

HM3 Susan R. Kodner, NRMC Camp Pendleton, Calif.

HN David H. Lawrence, NRMC Oakland, Calif.

USS ENTERPRISE to return to Alameda

Plans are afoot both in the community and at Naval Air Station Alameda to royally welcome the return of the aircraft carrier USS ENTERPRISE (CVN 65) to the Bay Area in late January.

The ship, previously homeported at Alameda, has been at Bremerton for the past couple of years, undergoing extensive overhaul. She will once again be homeported at the naval air station, most likely with a nearly all-new crew.

Before ENTERPRISE's departure to Washington, the City of Oakland adopted the carrier as its own. Civic dignitaries are expected to join in the welcoming ceremonies, both aboard and at pierside when she is moored. Aircraft will also trail welcome banners in aerial salute.

The huge ship carries a complement of from 3,000 to 5,000 personnel. She completed several deployments to the Western Pacific during the Vietnam conflict and participated in manned spacecraft recovery operations during the Apollo missions.

Enlisted can now pay for meals in hospital

Enlisted personnel who were recently hospitalized should be aware of a new and beneficial provision in the Defense Officer Personnel Management Act, or DOPMA.

In the past, accounting and finance offices automatically deducted basic allowance for subsistence for each day an enlisted service member was hospitalized.

An amendment to DOPMA changed this rule so that enlisted members receive the full BAS while hospitalized and simply pay for meals when discharged from the hospital, in the same manner that applies for officers.

ARS building renovation complete

Ribbon-cutting ceremonies were held Nov. 18 to open an additional, recently renovated, wing in Bldg. 70 for the Alcohol Rehabilitation Service (ARS) at Oak Knoll.

When sufficient counseling staff is assigned, the expansion will provide bed space for 45 patients. At present, the ARS staff totals 11, including Medical Corps Captain Richard A. Golden, its chief of service.

The final \$225,000 expansion features an energy-efficient heating/cooling system, more office space and group meeting rooms. It is the third phase of an upgrading which converted the original Alcohol Rehabilitation Unit to a full service, with facilities now the same, or better than, 26 other centers operated by the U. S. Navy.

The new wing features four-bedroom dormitories with built-in wooden closets and a pleasing decor of three textured white walls and the remaining one in burnt orange. The carpeting is serviceable and attractive in a warm brown tone, and the furniture throughout the wing is matching. "Our facilities now compare to the best; we are truly practicing state of the art medicine," said Dr. Golden proudly.

ARS offers a six-week residential alcohol recovery treatment program for those who have been detoxified in the main hospital.



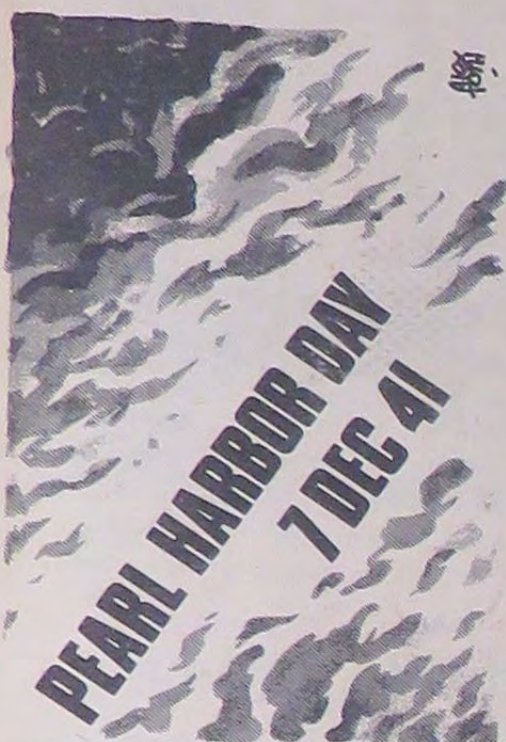
SYMBOLIC GESTURE—Rear Admiral Walter M. Lonergan and Captain Richard A. Golden join in snipping a red ribbon opening a new wing of Bldg. 70 for the Alcohol Rehabilitation Service.

EDITORIAL

'Lesson learned once in any nation's lifetime is one too many'

Forty years ago this coming Monday, the Japanese made a sneak attack on Pearl Harbor, Hawaii—an act that was to catapult this nation into World War II.

In 1962 a memorial was opened over the hull of the sunken USS ARIZONA, one of the battleships destroyed in the infamous attack, and last year a \$5 million USS Arizona Memorial Visitor Center became a 10-year dream come true through the efforts of hundreds of citizens and monies obtained from public, private and political funds.



Keynote speaker at the visitor center dedication was Admiral Isaac C. Kidd, Jr., U. S. Navy retired, who visualized a meeting on the sunken ship with his late father. It was a memorable speech, and is reproduced here, in part, because we think it most poignantly describes our naval heritage. The following are Admiral Kidd's words:

I sought my father's counsel out there yesterday afternoon. Across the waters stretching as far as the eye could see were barks, cutters, brigs, frigates, and in somber black: three deck hulls, ships of the line. Some under top sails still maneuvering to anchor. Farther away, more modern white ships of about a hundred years ago: Chesapeake, Oregon, Maine, and then there rode beyond, ships of the fleet we better know: Reuben James, Kearney, Yorktown, Astoria, Franklin and Lexington. Riding low on the water among this armada, one could spot the submarines: the Vulcan and Gilmore, seapower of 200 years in the making; awesome, quiet, but clearly the bustling activity in each ship and in the gigs and barges making their way to Arizona there was an evident common purpose. Drawn up on the fantail were rank upon rank of commanding officers, so many in uniforms long since unfamiliar. But the bronze faces, the white hair and the flashing look of eagles in the eyes of each made clear this formation from the past had assembled for a common cause.

The purpose was quickly clear. Said my father who met me as I stepped through Arizona's gangway. "Ike, we have come here to see personally that our legacy of freedom remains inviolate and untarnished. Arizona is but a symbol of sea fights and ship wrecks over two centuries of Naval heritage and tradition. Only for that reason am I

spokesman on this occasion."

"It has been many years," said he, "since Van Valkenburgh, Whitehead, Rossen, and the rest of us were caught flat-footed, resulting from a nation too lethargic and asleep at the switch. It could have been avoided had we but been strong enough in the years preceding to deter the attack. Lacking that requisite strength, we found it necessary to become involved. I can remember the same accumulation of the elements of procrastination and wishful thinking preceding World War I when I was Gunnery Officer of the old New Mexico. Then too, flabby in so many of the muscles of military manpower and material, we invited adventurism; the invitation was accepted; there too, we were obliged to get involved. In the first instance it took this great nation of ours four years to disengage by hammering home the idea we were not to be tampered with. In the second it took from 19 and 39 to 19 and 45 to accomplish the same objective.

"You know, Ike, we here would appreciate it—no, that's not strong enough—we charge you to make it crystal clear that the lesson learned once in any nation's lifetime is one too many. Twice is unconscionable, and Montie Whitehead has just reminded me—you'll recall that he was Captain of the Arizona baseball team—that three strikes and you're out in any league!

"In short, once more the storm clouds on the world's horizons give us great concern for our country. We here in Philadelphia, Maine, Reuben James, Arizona and the rest, know best of all the high stakes of the game of international power. We were there. It's a game on-top where there is no sense even sitting down to the table when everyone present knows you don't have any money. The currency is courage. Ours in time past and now Davis, Long and others of new times in the front rank of today. Courage to stand and be counted when it counts on matters not always popular, but critical and most effective if consummated before a crisis occurs. Courage too late is catastrophic. We know that lesson.

"There is so much more to be said son, so much indeed, the messages from my shipmates in this fleet of times gone by are, each one, of greatest import. But I realize your allotted time is short. Ceremonies usually are. And in tropic stations, the shorter the better. We have traveled far to be with you in spirit today. Our journeys back to our assigned stations on the bottom will take months in many cases, sails still being somewhat slow for the likes of Bambridge and Decatur here. So, such fleet concentrations must

necessarily be infrequent. Our warning is by common consent to be delivered without edit—you are dealing with a bully this time on the world's horizons—as so many predators usually are. Their likes respond to power. Power means numbers and numbers we must have. Each one of us here when the end came found himself attempting to offset seapower and the deficiencies related thereto with personal courage and tactical brilliance. Let us all tell you once again the elastic limits of those fall back characteristics

are finite. In our conviction, attempts at further validation are not only ridiculously unnecessary, they tamper with our nation's birthright.

"Take your leave, now, we must weigh anchor. Whenever we choose to reassemble in whatever part of the globe, we expect the stars and stripes snapping from the jackstaff on the ships on station there."

Ladies and gentlemen, with the past as prologue, our nation's best-blooded navigators have indeed laid out, the course.

Career Capsules

By HMC Gary L. Soileau
Career Counselor

COMPROMISE!

Navy members frequently become frustrated with their detailers when they cannot get the exact assignment they want. However, there often is room for negotiation and compromise. Help your detailer help you.

Do not lock yourself into a specific request, but rather be ready to discuss alternatives. Remember, the detailer is your representative in the personnel distribution system and he stands ready to assist you. His job would be very easy if he could give everybody their first choice of duty, but he must balance the needs of the Navy and the manning restrictions placed on him with the desires of his individual constituents.

So, make sure your detailer knows what you want—but be ready to recognize his responsibilities and work with him in finding a rewarding duty assignment.

Oak Leaf to take holiday

The last issue of the *Oak Leaf* for the calendar year 1981 will be Dec. 18, with copy deadline of Dec. 10.

There will be no issues published Jan. 1, or Jan. 15, which would normally have been publishing dates, but the first edition of the new year will be distributed Jan. 22 (copy deadline Jan. 14).

The suspension of two editions is necessitated by the requirement that the Editor take "use or lose" leave before the annual cutoff date.

If you desire announcement of holiday activities, remember to submit copy before Dec. 10.

A salute to volunteers

It all started at Plymouth Rock

Volunteers have been getting good things going since the Pilgrims' first winter at Plymouth. Their very survival depended upon neighbor helping neighbor. And so from the very beginning, throughout our history, the spirit of volunteering has been caringly interwoven into our national fabric. Time and again, it has played a vital role in shaping events and changing history. Changes you've probably never thought about like public schools, the first meteorological service, the telegraph, baseball, public libraries, legal aid, and postal service, museums, boards of health, foster homes, social work, even banking and the stock exchange. All are rooted in concepts originally initiated and carried out by volunteers.

Navy Relief Society volunteers are no exception to this tradition of getting things started. Of the 19 members who made up the original Board of Incorporators in 1904, seven were Naval Services wives—the first Navy Relief Volunteers! And Mrs. Grace G. Higginson was elected the Society's first President.

Since its beginning, Navy Relief has depended on volunteers to carry out the mission of providing "aid in time of need." With only 205 employees at the present time, our 3,000 volunteers are the hands with which the Society served 100,000 people in 1980. They are the receptionists, interviewers, and clerical workers in the office who help find answers to overwhelming problems; the workers in the Thrift Shops where a dollar still buys almost as much as it did for the Pilgrims; they look after children, call on widows, make baby clothes, and perform many other services.

Volunteers are and have been the backbone of the Navy Relief Society. They not only accomplish the mission of Navy Relief, but they enrich the quality of service. Their familiarity with problems encountered by Navy and Marine Corps personnel brings a special understanding, empathy and rapport into their work. And retired members—both men and women—can put to good use the "know how" they've accumulated over the years. Their knowledge of the military and how it works often is the key to a seemingly insurmountable problem.

The Society is deeply indebted to the volunteers who—through the years—have assumed a major responsibility for carrying on the Society's work. In this holiday season, the Navy Relief Society would like to say "Thank You" to all its volunteers, past and present.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

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Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of
Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of
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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627.

NRMCO responds to airport 'disaster'

By LTJG Robert C. Hoffner

Last week Naval Regional Medical Center Oakland participated in the annual "Broken Oak" exercise conducted by the Alameda County Health Care Services Agency to test Metropolitan Oakland International Airport's Disaster Medical Response Plan.

It gauged the response time of various ambulance providers, distributed casualties to several local coordinating hospitals, and drilled the emergency MEDNET radio communications system. NRMCO Oakland's major responsibility was the assembly and dispatch of our Mobile Medical Response Team, which consists of two Medical Officers and 10 Hospital Corpsmen. Medical Service Corps Lieutenant (junior grade) Robert Hoffner and Hospital Corpsman First Class Jim Carter of the Disaster Preparedness Office and Hospitalman Linda Cates from Staff Education assisted nurses

from Oakland's Highland General Hospital in applying moulage to simulate injuries. They also instructed the "patients" how to act.

In the drill scenario, an imaginary large aircraft with about 80 passengers on board experienced control problems upon landing, and veered off Runway No. 3 damaging its fuel tank. As the aircraft comes to a stop, it is quickly engulfed in flames and smoke.

Less than a minute later, the Port of Oakland Fire Department, which serves the airport, arrived on the scene to find smoke pouring from the aircraft and "casualties" strewn over much of the surrounding runway. As they began the task of containing the fire and evacuating the injured, ALCO-CMED initiated a "Red Alert" at 1338 hours (1:38 p.m.) via the emergency MEDNET.

Moments later, NRMCO was ordered to assemble and dispatch the Mobile Medical Response Team. Through the quick and thorough efforts of all concerned, the team was organized and underway in less than nine minutes from initial notification, with Medical Corps Captain Richard O'Reilly in charge. The team soon arrived at the scene and began triage and treatment of the "injured." In all, approximately 40 simulated casualties were dispatched to local health care facilities. The five "casualties" received at NRMCO Oakland were examined and treated in the Emergency Room within a matter of minutes.

The successful Nov. 23 exercise demonstrates that NRMCO Oakland's "mission readiness" is also well prepared to respond to the emergency needs of the community.

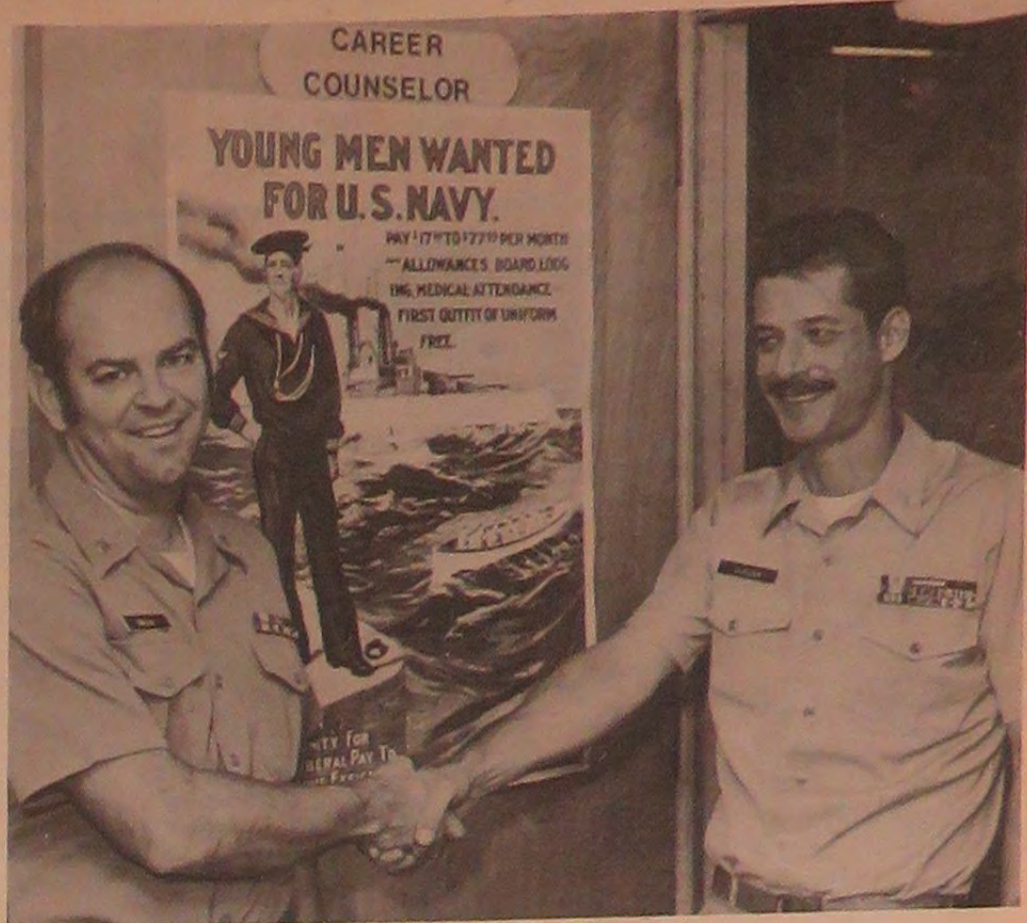
Navy League nominations due

Nominations for the 1982 Navy League awards are due no later than Feb. 12, 1982. The awards, designated for both military and civilian men and women, provide all levels of command with an additional means of recognition for individuals who have distinguished themselves through their inspirational leadership, professional competence, scientific skill, technical progress, and literary achievement.

Two new awards are available this year: The General John A. Lejeune award for inspirational leadership, awarded to a Marine Corps officer who has made an outstanding contribution to the high standards of leadership tradition in the naval service, and the General Holland M. Smith award for operational competence, awarded to a Marine Corps officer or enlisted person who has made an outstanding personal contribution which has advanced the readiness and competence of the naval service in the course of actual operations.

Two other changes have taken place since last year. The John Paul Jones award for inspirational leadership is now available only to Navy officers, and the John A. McIntire Navy Judge Advocate writing award has been discontinued.

Nominations should be sent to: Board of Awards, Navy League of the United States, 2300 Wilson Blvd. P. O. Box 400, Arlington, Va. 22210. More information on the awards program is contained in SECNAVINST 1650.34 and in ALNAV 133/81.



CHIEF TO CHIEF—HMC Britton L. Gladden (right), Career Counselor, "officially" welcomes HMC Gary L. Soileau, his January replacement, in front of a recruiting poster many years old—when Navy pay was \$17 to \$77 per month. Gladden, with nearly 20 years' service, will return to his third tour of duty with the Marines at Camp Pendleton. Soileau, who's been in the Navy 12 years, recently arrived from duty in San Diego. He is working on a master's in business administration and hopes to become a Medical Service Corps officer. Both are married and fathers of three children each.

Chief of Psychiatry Service to move east in two weeks

Medical Corps Captain Mario R. Schwabe will detach from Naval Regional Medical Center, Oakland this month to become the next Chairman of the Department of Psychiatry at the National Naval Medical Center in Bethesda, Md.

Dr. Schwabe has been the Chairman of Psychiatry at Oak Knoll since his assignment here in 1977. He is known throughout the military world for his pioneering of the Stress Coping Unit, a specialized group therapy program in which participants learn new ways to cope with stress. (They were selected for the program based upon their potential to benefit from it.)

"The Stress Coping Unit," says Captain Schwabe, "evolved during my work at Camp Lejeune and in Viet Nam with the drug rehabilitation program. I organized similar but less elaborate programs at Philadelphia and Portsmouth." When asked if he was satisfied with the overall results, he replied "The program has been successful in that it has given patients the opportunity to work on their problems. It clearly cannot and has not helped everyone, but no program can do that. Additionally it has been very valuable as a training opportunity for staff and students."

A decision has not been made as to whether he will start a similar program in Bethesda, however, he feels that he will.

A second area of Navy Psychiatry explored under Captain Schwabe is the Transition Program which is another specialized project established to provide care to post-hospitalized psychiatric patients. This has been a very successful program and is an integral part of therapy provided to Psychiatry Service patients here.

During his Navy career, the physician has served in Portsmouth, Philadelphia, Jacksonville, Florida and the Republic of Viet Nam. He completed his internship and residency in Psychiatry at NNMC, Bethesda, Md. When asked of his feelings about returning as chairman of the same department where he completed his residency, the captain said "it is very



CAPT M. R. Schwabe

appealing to return to the program where I originally trained. It is also challenging since it is such a visible place. Helping the education of the USUS (United States Uniformed Services) Medical School is also very interesting."

Captain Schwabe grew up in Puerto Rico. He is a 1962 graduate of Johns Hopkins University in Baltimore and received his medical training at Temple University in Philadelphia.

Commenting on his three years at Oak Knoll, Captain Schwabe said "I found my tour of duty very enjoyable and rewarding, and will miss working with the many fine people at NRMCO, Oakland."

Over the 16 years he has been in the Navy, Captain Schwabe has received the Navy Commendation, Viet Nam Service, National Defense, and Reserve medals. In his spare time he enjoys opera, chess, record collecting and bridge.

Captain Schwabe has had a very positive influence on the many psychiatric residents and psychiatric technician students who have trained at this command.

His departure is scheduled Dec. 18.

Payroll deduction now OK for IRAs

Recent revisions to tax laws now permit federal employees covered by pension plans to establish an Individual Retirement Account (IRA) by payroll deduction beginning Jan. 1, 1982, with actual allotment deduction as early as Dec. 27, 1981.

By using the Pay Deposit Quicker (PDQ) plan to allot an amount of pay for credit with a financial organization such as a U.S. bank, savings bank, savings and loan association, or federal or state-chartered credit union, the employee may now begin to build a nest egg toward retirement with tax deferred until such time as the money is withdrawn.

Civilian employees should first establish an IRA with a financial institution and then send a completed Standard Form 1198, "Request by Employee for Allotment of Pay for Credit to Savings Account with Financial Organization," to Payroll to begin the automatic salary deduction.

The advantage of this plan, according to Tom Clarke of the Alameda Coast Guard Federal Credit Union (which has a branch at Oak Knoll), is that it provides a tax shelter for the worker while he or she is employed. Total income is naturally lower upon retirement, and when the funds are withdrawn at that time, most people are already in a lower tax bracket, and the tax bite is less painful.

The local Credit Union pays 12 percent per annum on IRAs, and the dividends earned are also tax-deferred as long as the funds are not removed. There is a tax penalty, of course, if the money is withdrawn while the person is still employed. IRAs do not have any set number of months or years to maturity.

There are limits, however, on how much money can be "salted away" in an IRA. For a single employed person, it must not exceed \$2,000 of earned income annually. If married, and only one spouse works, \$2,250; if married and both spouses are employed, a couple is allowed a total of \$4,000 providing they set up individual accounts. (Example of allotment necessary for single person to reach annual IRA limit: \$2,000 divided by 26 paydays per year=\$76.92 payroll deduction per check to reach maximum deposit.)

For further information, contact the Credit Union on base, or any other authorized financial institution in your community.

FOR YOUR INFORMATION

NEW JERSEY enters drydock

On Nov. 18, USS NEW JERSEY (BB 62) entered drydock at Long Beach Naval Shipyard, Calif.

The drydock holds 62 million gallons of water and can handle the largest aircraft carriers. While in drydock the ship's bottom will be sandblasted and repainted.

This major phase of the ship activation will take approximately five months to complete.

Space-A procedures change

Passengers signing up for space-available travel on Military Airlift Command flights no longer must be present at the terminal for every scheduled flight or meet any Space-A call. Instead, they are only required to revalidate their flight intentions every three days.

Would-be passengers sign up for the flight of their choice and may list up to five destinations. At least every three days they must return to the terminal to revalidate their travel intentions. Failing to do so means being removed from the list. People leaving from commercial gateways, such as St. Louis, must revalidate their travel intentions only every seven days because of infrequent scheduled flights.

The change is an effort to improve and humanize procedures. It is expected to help families traveling with children, eliminating late night or early morning trips to the terminal, only to find no flight available. More information may be obtained by calling Autovon 638-5309 or Commercial (618) 256-5309.

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Christmas photo contest

All Hands magazine has announced a Christmas photo contest for 1981. Pictures must be taken during the 1981 holiday season depicting general Navy and maritime observances of the holidays.

Emphasis should be given to capturing a photograph which combines the themes of the Navy and the Christmas season in a feature approach. Winning entries will be published in the December 1982 issue of *All Hands* and will become the property of the U. S. Navy. The contest is open to everyone with a limit of three submissions per entrant. Color entries must be original color transparencies; color prints will not be accepted.

Entries must be accompanied by the name and address of the photographer, parent command, date and location of the photograph, identification of subjects in the photo, and a description of the event or observance. Entries must be mailed no later than Feb. 10, 1982, to: *All Hands Magazine*, Christmas Photo Contest, Hoffman 2, 200 Stovall Street, Alexandria, Va. 22332. More information may be obtained by calling Autovon 221-0494 or commercial (202) 325-0494.

★★★★★★★★★★★★★★★★



CHRISTMAS PLANNERS—Among those at the head table for a recent command dinner honoring the Veterans Hospitals Christmas Committee were (l to r): Mrs. Joseph Smyth, Mr. Arden Kolsrud (Committee Chairman), Miss Mary Valle (Committee Secretary), Rear Admiral Walter M. Lonergan, Mrs. Kolsrud, and Dr. Edgar A. Reed, Chief of Staff, Veterans Hospital, Livermore. For 50 years the East Bay civic-minded organization has decorated military and veteran hospitals, provided gifts, and presented holiday entertainment as a goodwill gesture for patients.

Basic X-Ray School students complete studies

Graduation ceremonies were held here last week for students of Basic X-Ray School Class 81-007 who completed both classroom and clinical training experience at the hospital.

Hospital Corpsman Third Class Sally A. Roldan, who maintained a 99.7 average during the didactic phase of training, was class valedictorian. She will next be assigned to our branch clinic at NAS Alameda.

Serving as class spokesman and now enroute to new duty in Naples, Italy, was Hospital Corpsman Third Class Robert J. Kobak.

Other graduates and their new duty stations are:

Hospital Apprentice Gregory D.

Alspach, NRM C Pensacola; HM3 Bruce J. Boller, Norfolk; Hospitalman Robert A. Cash, NRM C Pensacola; Hospital Corpsman Third Class Kenneth Collins, Submarine Medical Center, Groton; Hospital Corpsman Third Class George G. Cua, Jr., NRM C Corpus Christi; Hospital Corpsman Third Class George A. Denman, Pensacola; Hospitalman Darrell J. Draughon, NRM C Guam; Hospital Corpsman Third Class Rizalito Ectobanez, Puerto Rico; Hospitalman Mark R. Faville, Naples, and Hospital Apprentice Antonia Griffin, Jacksonville, Fla.

Also, Hospitalman Ashford J. Larocque, Orlando; Hospitalman Richard A. Maloney, Sub Base, Bangor; Hospital

Corpsman Third Class Noel T. Manaloto, AFEES, Spokane; Hospital Corpsman Third Class Danny A. Matousek, Third FSSG, Okinawa; Hospitalman Keven G. McGuinniss, Orlando; Hospitalman Richard W. Patrick, Groton; Hospital Apprentice Stanley A. Phillips, Newport, R.I.; Hospital Apprentice Michael C. Staph, Alameda Branch Clinic, and Hospital Corpsman Third Class Address Trujillo, Pensacola.

The school's director is Medical Service Corps Lieutenant Commander K.G. Mendenhall. Serving as instructors are Chief Hospital Corpsmen A.A. Esporo, R. M. Percival and F. S. Gallego.

VA steps up program to collect delinquent educational overpayments

The Veterans Administration has announced that, in Northern California, there were approximately 6,000 cases of delinquent veterans educational benefit overpayment debts under immediate review in which legal action will be taken unless the debts are paid.

Agency Administrator Robert P. Nimmo, in announcing the VA's accelerated program of debt collection, said "Our plans are to substantially reduce the number of outstanding debts owed to the government by veterans, and I am instructing our various district counsels to pursue an aggressive program of debt collection."

Raymond P. Neal, the VA's district counsel for Northern California, stated that new cases of uncollected debts are being referred to his office on an average of 500 cases each month.

The San Francisco office will bring suit against approximately 200 Northern California veterans this month.

Neal said that the VA is "more serious than ever" in seeking to recover debts owed by veterans. He added that his collection activities "are part of a nationwide effort to recover all debts

owed by veterans and non-veterans alike."

Debts resulting from VA programs are detected by the VA's Central Accounts Receivable Section in St. Paul, Minn. That office sends notification to the indebted veterans. If the veteran fails to resolve the indebtedness, his case is then sent to the appropriate VA district counsel for legal action.

Due to increased authority to proceed directly with a lawsuit and expanded technical capability legal action for even small amounts has become cost-effective.

"A veteran owing debts to the Veterans Administration must realize the seriousness of the matter," Neal said. "The filing of the law suit, if deemed necessary, is a part of the collection effort. It is important for veterans receiving letters from this office to answer and arrange repayment immediately. Otherwise, legal action is almost a certainty." He said that most cases will be resolved through repayment plans and default judgments.



Hanging out shouldn't give you a hangover.

Don't drink too much of a good thing.

PEOPLE MAKE NEWS

Pass in review

by HM2 Charles M. Frye



NP MASTER AT ARMS/AREA COORDINATOR

One of the most interesting and challenging positions held by junior enlisted at the Naval Regional Medical Center, Oakland is that of Hospital Corpsman Third Class Azer Dow Baucom III.

In his duties as the Neuropsychiatry Master-At-Arms/Area Coordinator, Petty Officer Baucom handles a wide range of situations in a variety of settings. It could be handling a simple admission, counseling a junior member of the staff, coordinating efforts between wards, or acting as a liaison between Psychiatry and other departments at this Command or other Commands.

As the Master-At-Arms he is also responsible for internal security within the Department of Psychiatry. Occasionally he is called on a moment's notice to handle a combative or unruly

person. When this occurs he calls for a team of psychiatric technicians especially trained in restraining combative patients. "My primary concern is safety for the patient and safety for the staff involved," declared Petty Officer Baucom who added that departmental policies and guidelines are always followed. He related that the number of injuries sustained by staff personnel is low due to the extensive training and refresher training each member of psychiatry must take in mechanical restraints. "Other departments," he said, "may not understand when five psychiatric technicians come to escort one small patient; however, our objective is safety for all and this is accomplished by following strict guidelines."

During his career, Petty Officer Baucom has completed Hospital Corps School and Psychiatric Specialist School. He has been at Oak Knoll for two years and began his tour of duty as a ward corpsman on the psychiatric unit. He showed strong leadership ability and was made the PM Master-At-Arms. He was appointed to his current position in September of this year.

Upon discharge from the Navy, the corpsman will return to his home state where he will finish his senior year at North Carolina State University. He plans on becoming a psychologist and feels the training and experience he has received in the Navy will be an invaluable aid in accomplishing his goal. In his spare time, Petty Officer Baucom enjoys tennis.

(Know of an enlisted person who is working in an unusual or interesting assignment? If so, leave a message for HM2 Charles Frye at the Public Affairs/Oak Leaf Office, or call Ext. 2113.)



NO STRANGERS—Fate and Navy orders seem to have joined forces to chart the same geographical course in the military careers of Hospital Corpsman First Class Luanne C. Cattley and Medical Service Corps Commander G. J. Hansel. Five years ago Petty Officer Cattley was the commander's student in Preventive Medicine Technician School here. Following graduation in 1976 she left for duty at Adak. Upon completion of the Alaskan tour she reported to NRMDC San Diego—to go to work for Commander Hansel, who was the center's Regional Environmental Health Officer, and there he reenlisted her for the first time. In 1978 she returned to NRMDC Oakland, this time to become an instructor in the PMT School. In October 1980, Commander Hansel also returned to Oakland, to become Chief, Preventive Medicine Service and director of the same school. On Nov. 6, with instructors and staff present, the commander once again reenlisted the same petty officer—this time for six years.

Kudos..... World Travelers

NAVY ACHIEVEMENT MEDAL

Chief Hospital Corpsman Michael Mahoney, formerly of Treasure Island Branch Clinic.

LETTERS OF COMMENDATION

Medical Corps Captain Robert Donnell, former Hematology/Oncology head.

Hospital Corpsman First Class Luanne Cattley, Preventive Medicine.

LETTER OF APPRECIATION

Hospital Corpsman Second Class Michael Dancy, Psychiatry Service.

ADVANCEMENT

To Hospital Corpsman First Class: Steven Peterson.

To Hospital Corpsman Second Class: Emerito Espinosa and Glen Lounsbury.

GOOD CONDUCT AWARD

Machinist's Mate Third Class Daniel Joyce.

Last we heard, Bertha Snively of Civilian Personnel was vacationing in Germany and England, while Lily Thompson of Patient Affairs was making an extensive visit to Egypt.

Josephine Spivey, former *Oak Leaf* editor who left Oak Knoll in 1977, reports that she will join a group traveling to the Soviet Union in February. Since her retirement she has also visited Guatemala, Korea and England.

Comings and Goings -----

"Fair winds and following seas" to the following personnel who have recently detached from this command:

Captain Robert Donnell, Medical Corps, to Yokosuka.

Chief Hospital Corpsman Michael Mahoney, to Okinawa.

Lieutenant Rosanne Driscoll, Nurse Corps, released from active duty.

Lieutenant Nancy Goodart, Nurse Corps, to Okinawa.

Lieutenant Denise Gardella, Nurse Corps, to Okinawa.

Hospital Corpsman First Class Phillip Leach, to Memphis.

Hospital Apprentice Warren Henderson, to USS JOHN RODGERS (DD983).

Dental Technician Third Class Diane Vaujin, released from active duty.

Personnelman Second Class Amanda Garcia, to Lemoore Naval Air Station.

Hospital Corpsman Second Class Beth McKiernan, released from active duty.

Hospitalman Walter L. Wasseur, released from active duty.

Engineman Third Class Daryle Mattox, released from active duty.

Hospital Corpsman Third Class Michael Glatz, released from active duty.

Hospital Corpsman First Class Luanne Cattley, to Naples, Italy.

Hospital Corpsman Second Class Michael Dancy, to Camp Lejeune.

Hospitalman Angela Hearn, to Memphis.

Hospital Corpsman Third Class Kornell Davis, to Okinawa.

Lieutenant Commander Lawrence Harrison, released from active duty.

"Welcome aboard" to newly arrived:

Lieutenant Commander Thomas Wadsworth, MSC, Laboratory Service.

Lieutenant Nancy Smith, NC, Nursing Service.

Lieutenant Montgomery Hinkson, MC, indoctrination (to Yokosuka).

Hospital Corpsman Second Class Glen A. Lounsbury, Preventive Medicine School.

(Continued to Page 6)

Gilmore speaks

Carter Gilmore, Oakland City Councilman, was the guest speaker during a Military Affairs Committee luncheon meeting of the Oakland Chamber of Commerce at Oak Knoll on Nov. 17.

Mr. Gilmore discussed the growth of the city and plans for highrise construction.

The committee, headed by Mr. Fred Lawson of Kaiser, also reported on recent Navy Week activities, special holiday events in Oakland, return of the USS ENTERPRISE, and impact of the Military Airlift Command shifting departure and arrival traffic from Travis Air Force Base to Oakland International Airport in January.

Several Naval Regional Medical Center Oakland staff officials attended the meeting, including Captain Joseph Smyth, Director of Clinical Services, and Commander Frank Fisher, Director of Administrative Services.

The luncheon was held in the Officers' Club.

Admiral Rickover to end Navy tour

The President has asked Admiral H. G. Rickover to move from his present position to serve as a presidential advisor on nuclear science.

Admiral Rickover's extension on active duty will expire on Jan. 31. However, the Secretary of the Navy has requested that Admiral Rickover be extended on active duty for the time required to have an orderly transition to his successor prior to taking up his new responsibilities.

The President has expressed his appreciation and admiration for Admiral Rickover, and the nation owes an unending debt of gratitude to the Admiral for his contribution in leading the free world to superiority in nuclear propulsion and reactor safety.



MYSTERY REVEALED—The young sailor pictured in last week's *Oak Leaf* is none other than Medical Corps Commander James R. Schneider, Assistant Chairman of Orthopedics and Director of the Microsurgery Laboratory, shown as he appears today. Dr. Schneider, in his earlier Navy career, was a Chief Communications Technician with a Reserve Security Group when he went to medical school. He completed his internship here in 1970-71 followed by a four-year residency at Bethesda. The hand and microsurgery specialist returned to Oakland in 1975.

SPEAKING OF HEALTH CARE

JCAH accreditation visit provides care assessment

By Lt Michael Lawson

The Joint Commission on Accreditation of Hospitals (JCAH) will conduct a biannual survey of the Naval Regional Medical Center, Oakland on Wednesday and Thursday, Dec. 9 and 10.

The JCAH is a non-profit organization created by and composed of health professionals in an effort to raise the quality of health care. Its guidance comes from members of the American College of Physicians, the American College of Surgeons, the American Dental Association, and the American Medical Association. Additionally, JCAH advisory committees from every specialty and interest in health provide continuous input.

The central idea of voluntary accreditation is that hospitals such as NRMHC, Oakland can and should volun-

tarily pursue the evaluation and assessment of the care provided. The decision to seek accreditation reflects the sincere desire of Naval Regional Medical Center, Oakland to provide this high level of care.

Standards by which the hospital will be reviewed are the culmination of years of continuous efforts by all facets of the health section and provide a meaningful source to identify strengths, weaknesses and avenues for improvements.

The survey team assigned this year will consist of an administrator, Harold Gottlieb, FACHA; a physician, Helen Johnston, M.D., and Elizabeth Loftus, R.N. Each surveyor will have specific areas and interests to review and will conduct tours and meetings with members of the hospital staff.

Vets dental care eligibility changed

Servicemembers now have only 90 days from their discharge date to apply for VA outpatient dental care.

Treatment will not be provided if the veteran was provided a dental examination and "appropriate dental services and treatment" were completed within 90 days of separation, according to recently-passed legislation. Public Law 97-35, the omnibus budget reconciliation act of 1981, also requires that the veteran has served

no fewer than 180 days on active duty to be eligible for any VA care.

Under the new law, commands are required to counsel members at the time of discharge and file in the service record a signed statement, acknowledging receipt of a written explanation of the new changes.

More information on the changes, which are effective immediately, is available in NAVOP 155/81.

Successful medevac in difficult weather

Heroes are not only born in time of war. Peacetime heroes abound throughout the Navy and are born in various types of emergencies at sea, usually during the course of a routine day.

On Nov. 6, while enroute to its Norfolk homeport after the completion of a deployment to the Mediterranean USS DETROIT (AOE 4) received a request from USS RECOVERY (ARS 43) for medical evacuation of a sick crewmember. DETROIT steamed overnight at 22 knots in order to rendezvous the next morning with the USS RECOVERY about 200 miles

north of Bermuda. A CH-46 Sea Knight helicopter from Helicopter Combat Support Squadron Six on board DETROIT hovered over RECOVERY in difficult weather conditions. The helicopter lowered the medical officer from DETROIT, LT Scott Balderston, to the deck. After examining the patient, both LT Balderston and the patient were hoisted aboard the helicopter and taken to the DETROIT. The aircraft was piloted by LCDR Robert Hambrecht and LT Neil Seeley, and crewed by HMC William Fay and ADC Randy Bridgeman.

Radiology Case of the Week

DIAGNOSIS: Lunate dislocation with navicular fracture. Note that the lunate does not articulate with the capitate.

★ ★ ★

A number of people correctly identified the navicular fracture. However, only Medical Corps Lieutenant Frank Hartwick of Surgery identified the dislocated lunate.



Concern about you and your health

The National Health Agencies (NHA) for the Combined Federal Campaign (CFC) represent national health organizations that are concerned about you and your health. These organizations are constantly striving to make your world a better place by continuing to pursue research projects that one day may provide a clue to the cure or treatment for one of the devastating and life threatening diseases that these agencies represent.

With the help of your CFC contributions this research will continue indefinitely. Millions of dollars are spent annually on research in an attempt to uncover some of the medical mysteries of our time. The reason for this research is you; and it is because of you that it is possible. Through your contributions to CFC you are providing these national health agencies with the means to help the people suffering from illnesses and disease.

Your CFC dollars also help the health agencies continue to provide the medical and patient services that are vital to the millions of Americans who need them. Many of the health agencies allocate millions of dollars every year for patient services providing therapy, diagnostic services, rehabilitative follow-up care, genetic testing, social service counseling, transportation and even recreational and educational programs. Through your support you are giving of yourself to help someone else live a happier, more productive life.

NHA wants to educate you about the many diseases that can kill and disable you. These agencies want you to live a long, healthy and happy life.

Welcome aboard — —

(Continued from Page 5)

Hospital Corpsman Third Class Terry A. Bogard, Preventive Medicine School.

Senior Chief Dental Technician Joe C. Brown, Dental Service.

Hospital Corpsman Third Class Stephen Palmer, Dermatology.

Hospital Corpsman Third Class Michael Duncan, Nursing Service.

Hospital Apprentice R. Corfman, Nursing Service.

Hospital Apprentice Katherine Simmons, 9 West.

Hospital Apprentice Orlando Powers, Nursing Service.

Hospitalman Virginia Small, Operating Room.

Hospital Corpsman Third Class John Bardiea, PT/OT.

Hospital Apprentice Patrick Kearney, Nursing Service.

Hospitalman Recruit Michael Peters, Nursing Service.

Lieutenant Commander Harold J. Aanning, Surgery Service.



TECHNICAL BRIEFING—John Dorsey (at console), technologist in Radiology, explains the workings of the CAT scanner to part of a group of 18 nursing students from Contra Costa College who visited Oak Knoll on Nov. 17. Acting as tour leader was Nurse Corps Lieutenant Lisa Halton (far right) of 6 West.



Just Out

The 1981 edition of "Uniformed Services Medical/Dental Facilities in the U.S.A." has been printed and is now in Service distribution centers. As its title suggests, the pamphlet was prepared to assist Servicemembers and their dependents in locating Uniformed Services medical and dental facilities. Copies may be obtained from your command, your service publication distribution center, or the Superintendent of Documents, United States Government Printing Office, Washington, D.C. 20402.

WITH THE FAMILY



Babysitter service offered at Tahoe

The Greater North Lake Tahoe Chamber of Commerce has compiled a list of babysitters and child care centers in the Tahoe City, Kings Beach, Truckee, Lake Forest, West Shore, Dollar Hill, Tahoe Vista, Carnelian Bay and Incline Village areas as a convenience for parents skiing or visiting the nearby casinos.

Sally Young in Special Services, Bldg. 38, telephone Ext. 2479, has several copies of this listing available free to parents who will be visiting the resort area and would like to make advance arrangements.

NRS offers course

Miss Fran Stonesifer, Field Representative for the Navy Relief Society (NRS), will visit the East San Francisco Bay Auxiliary at NAS Alameda and the Naval Station Treasure Island during the period Jan. 6-29.

While in the Bay Area, she will instruct a course designed to inform the military community about the numerous programs offered by the local NRS Auxiliary. She will discuss Navy Relief policy, volunteerism, budgeting, pay and allowances, interviewing, office procedures and some dependent benefits.

The course will be offered at NAS Alameda Jan. 18-29, 9 a.m. to noon, Monday, Wednesday and Friday at Shannon Hall, at the Chapel. All spouses, retirees, active duty personnel, etc., are welcome. Child care will be paid.

Miss Stonesifer is highly qualified. She is "on the road" about nine months a year, visiting Navy and Marine Corps bases in the United States and overseas.

In the summer, she and the other Field Representatives spend their time at Navy Relief Society Headquarters conferring with the officers of the Society, working on policy changes, and reviewing and updating material.

It is not necessary to be a potential volunteer to attend the course, but it is hoped that some who attend will consider giving a few hours a week to help carry on the tradition set forth many years ago: "The Navy and Marine Corps take care of their own."

For further information and to make arrangements for child care for pre-schoolers, call 869-4188.



The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby boy to LCDR Sheldon Werner, Anesthesiology Service, and his wife Lourdes, Nov. 10.

A baby boy to DT2 Ronnie McGhee, Dental Annex, and his wife Annabella, Nov. 14.

A baby girl to HM2 Benigno Quinto, Branch Clinic Alameda, and his wife Rosa, Nov. 23.

A baby boy to HA Mary Colleen Soo, 8 South, and her husband John, Nov. 24.

Red Cross sponsors holiday open house

The Oak Knoll staff, patients and volunteers are invited to attend the annual Red Cross Christmas Open House on Friday, Dec. 11, from 9:30 a.m. to 11 a.m. in Room 3-6-12 (opposite the Clinical Assembly) on the third deck of the main hospital building.

Come, enjoy the refreshments, and deliver your holiday greetings in person to those with whom you work throughout the year.

MOVIES

Friday, Dec. 4, 6:30 p.m.—**THIEF**, James Caan, Tuesday Weld—Drama/R
Saturday, Dec. 5, 1 p.m.—**HOT LEAD, COLD FEET**—Jim Dale, Don Knotts—Comedy/G
Saturday, Dec. 5, 2:35 p.m.—**THE HEARSE**—Trish VanDevere, Joseph Cotton—Horror/PG
Sunday, Dec. 6, 6:30 p.m.—**THE SWAP**—Robert DeNiro, Jennifer Warren—Drama/R
Monday, Dec. 7, 6:30 p.m.—**URBAN COWBOY**—John Travolta, Debra Winger—Comedy/PG
Tuesday, Dec. 8, 6:30 p.m.—**THE CANNONBALL RUN**—Burt Reynolds, Farrah Fawcett—Comedy/R
Wednesday, Dec. 9, 6:30 p.m.—**FRIDAY THE 13TH, PART 2**—Amy Steel, John Furey—Horror/R
Thursday, Dec. 10, 6:30 p.m.—**EYES OF A STRANGER**—Lauren Tewes, John Santi—Suspense/R
Friday, Dec. 11, 6:30 p.m.—**STRIKING BACK**—Perry King, Don Stroud—Action/PG
Saturday, Dec. 12, 1:00 p.m.—**THE NIGHT BEFORE CHRISTMAS**—Animated/G
Saturday, Dec. 12, 1:25 p.m.—**THE TINY TREE**—Animated/G
Saturday, Dec. 12, 1:50 p.m.—**UNIDENTIFIED FLYING ODDBALL**—Dennis Dugan, Jim Dale—Comedy/G
Sunday, Dec. 13, 6:30 p.m.—**XANADU**—Olivia Newton-John, Gene Kelly—Musical/PG
Monday, Dec. 14, 6:30 p.m.—**HERBIE GOES BANANAS**—Cloris Leachman, Charles Martin Smith—Comedy/G
Tuesday, Dec. 15, 6:30 p.m.—**OUTLAND**—Sean Connery, Peter Boyle—Sci-Fi/R
Wednesday, Dec. 16, 6:30 p.m.—**ENDLESS LOVE**—Brooke Shields, Martin Hewitt—Romantic Drama/R
Thursday, Dec. 17, 6:30 p.m.—**THE BURNING**—Brian Matthews, Leah Ayres—Horror/R

Navy Relief help for survivors

Seventy-eight years ago the Navy Relief Society was founded to provide financial assistance to the widows and children of deceased sailors and Marines. These survivors of both active duty servicemen and Regular Navy/Marine Corps retirees are still given high priority in the Society of 1981.

Today, the Navy Department provides survivors of active duty personnel a cash death gratuity and government life insurance proceeds promptly. A Casualty Assistance Calls Officer (CACO) helps these survivors apply for all benefits for which they are eligible.

The survivors of retirees, however, are not furnished a CACO or death gratuity. Moreover, two or more months may elapse before eligible dependents of either active or retired personnel actually receive Veterans Administration, Social Security or Survivor Benefit payments. During this waiting period, Navy Relief can and does provide financial assistance to prevent hardship. In addition, a counseling service to assure that dependents apply for all entitlements is available at the NAS Alameda Auxiliary.

For survivors below age 65, Navy Relief aims its longer term assistance at helping with specific emergencies, such as unusual medical or dental expenses. Aid is available to encourage survivors to become self-reliant. Accordingly, financial assistance may be made available to a widow to pursue a course of vocational training that will help her earn her own living. The dependent children of the deceased

active duty or retired servicemember may apply for participation in the Navy Relief Guaranteed Student Loan Program to assist in their college education.

The basic needs of persons 65 or older are generally provided by government programs such as Social Security. There are, however, some elderly widows of sailors or Marines who have very limited entitlements. The Navy Relief Society maintains special funds which are used to provide modest supplements to the income of some of these widows, in order to prevent hardship. The East San Francisco Bay Auxiliary welcomes requests for use of the Selfridge or Calvert Funds for valid cases of this type.

Eligibility for assistance to surviving widows continues for their lifetime unless remarriage occurs. Surviving children are eligible beneficiaries as long as they are entitled to a dependent I. D. card.

Through your generous contributions, Navy Relief continues its 76 year tradition of "Taking Care of its Own." For further information, please call 869-4188.



So says the VA. ... **BONER'S ARK** by ADDISON

SINCE MANY OF US ARE IN THE SAME BOAT, I'VE AN IDEA THAT HOLDS WATER. VETERANS, USE YOUR GI HOME LOAN!

Contact nearest VA office (check your phone book) or a local veterans group.

OFF DUTY

Monthly drawing for ski lift tickets

Once a month throughout the ski season, Special Services will hold drawings for 10 free ski lift tickets, good all day, any day, at Sugar Bowl, courtesy of that ski resort.

The drawings will be held in the Gear Issue Room, top floor of Bldg. 38, on days announced in advance in the Plan of the Day.

Only active duty military personnel assigned to this command are eligible.

For more information, call Ext. 2479.

Ski trip off?

Special Services reports a poor response to the Squaw Valley ski trip slated for Dec. 12, and **unless more people sign up by Monday**, the trip will have to be cancelled.

The package, costing \$44 each person, includes roundtrip bus transportation to and from the hospital/Squaw Valley, and an all-day lift ticket.

If the trip is cancelled, all money previously deposited will be refunded.

Call Sally at Ext. 2479 **TODAY** if you are interested in making the trip.

Timely info for ski enthusiasts

If you're a winter sports enthusiast who travels to the Sierras often for skiing, Special Services personnel advise that you always carry chains, because if you do not have them, the Highway Patrol will not let you drive during hazardous conditions (snow tires may or may not be acceptable, depending upon the amount of road ice). For up-to-the-minute information, dial 864-6440 for ski conditions, 557-3755 for road conditions.

Following is current information on ski discounts:

Alpine Meadows: Coupon on sale at Special Services for \$14 for active duty military and dependents; good Sunday through Friday, no holidays or Saturdays.

Boreal Ridge: No discount.

Mt. Reba (Bear): Special Services letter plus military ID (active or retired), plus \$13; good mid-week (Monday through Friday), non-holidays.

Heavenly Valley: No discount.

Squaw Valley: Special Services letter plus \$14 for active duty military only; good any day.

Soda Springs: Coupon plus \$8.50 (with additional \$4 all-day lesson), active duty military only; good any day.

Sugar Bowl: Fifty percent off with military ID, which nets to \$7.50 (\$5 children); good for military, dependents, and civilian DoD employees with ID. Mid-week, non-holidays.

Tahoe Donner: Military & dependents, \$5; mid-week, non-holidays. (May go to a coupon-type program later).

Note: All prices quoted above are net prices. Where letters are required, it is necessary to have one for each day of skiing and for each person.

Soda Springs now features daily NASPAR races for skiers of all abilities, giving you PAR time with handicaps to judge your ability.

'Fun Run' here tomorrow

The Command Recreation Committee is sponsoring a "Fun Run" on base tomorrow, beginning at 11 a.m. from the Picnic/Softball Area.

There is both a two- and a five-mile course for men (25 and younger), men (26 and older), and women, any age.

All military personnel and their

dependents and civilian employees of the medical center are eligible to participate. There is no entry fee, and individual awards will be presented.

Late entrants may sign up at the picnic grounds tomorrow before the start of the race.

Long Beach gears up for marathon

Sponsors of the First Annual Long Beach World Runners Marathon in Long Beach have written this command extending a "warm and personal" invitation to staff members to participate in the Feb. 21, 1982 event.

The race will begin and finish at the Queen Mary, with 90 percent of the 26.2 mile course to be run on, or beside, various waterways in and through the city.

Race Director Gordon Proctor said he believes the marathon is going to become the New York and Boston marathons of the West Coast.

Two clinics presently being conducted in both the Long Beach and Lakewood areas are teaching marathon essentials to first-time runners.

The event is a benefit, with all proceeds going to World Runners, a hunger organization, and to the Long Beach YMCA, and the Long Beach Food Bank. Pre-registration fee is \$8 before Feb. 6, \$10 thereafter. Entry forms are now available at the Special Services Office on base.

Divisions include 14 and Under; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and Over; 200 lbs. and Over, and Wheelchair.

There will be post-race refreshments for all entrants, and first-time marathoners will receive a beautiful medal commemorating the event.

The Queen Mary (now a hotel) offers reduced rate lodging to participants and their families.

For further information, call Mr.

Proctor at (213) 432-5411, or write Long Beach World Runners Marathon, P.O. Box 14838, Long Beach, Calif. 90803.

Rose Blake tops in women's division

Hospitalman Lillarose ("Rose") Blake of 6 North came out tops in the Women's Open Division of a benefit "Dry Run" held recently around Golden Gate Park in San Francisco. Her time was 21 minutes, 49.3 seconds.

Approximately 300 persons entered the 5K and 10K race. From Oak Knoll, they also included Captain "Sandy" Sandri, Lieutenant Commander Bonnie Potter, Commander Marti Sherrard (formerly of this command), Lieutenant Commander Ozzie Watkins, and Captain Richard Golden. Six patients also participated.

Hospitalman Blake was on a high school track team before entering service a year and a half ago. She'd like to run on the U. S. Navy team.

The "Dry Run" is an annual benefit for the Henry Ohlhoff House, a non-profit corporation of the Episcopal Diocese of California. Since 1958 the house has provided a residential program for people with alcohol-related problems. It is a member of the California Association of Alcoholic Recovery Homes and of the Association of Halfway House Alcoholism Program.

The Nov. 1 run was the third annual event.

Alcohol restricted at Crown in '82

The west end of Robert W. Crown Memorial State Beach, in recent years the unofficial Alameda "watering hole," is going relatively dry after the first of the year.

The picnic area, lawn and parking lot between Crab Cove Visitor Center and the apartment complex on McKay Avenue were designated **alcohol-restricted** by the District Board of Directors recently.

Picnickers at the remainder of the park can still enjoy their beer and wine without a permit. However, the new restriction conforms to rules at the adjacent city park, which does not permit alcohol at all.

The District resorted to this measure because of heavy alcohol, drug and vandalism problems within this portion of Crown Beach, which it operates for the State of California.

"The excessive numbers of young teenagers and young adults who spend time in the parking area drinking, passing narcotics and violating curfew regulations have created what is now considered an untenable situation by park staff," said Chris Nelson, Chief of Parks and Interpretation.

Last July alone, 103 of the 212 violations at Crown were alcohol-drug and curfew-related, Nelson said. Compounding the problem is excessive litter left by the revelers: hundreds of bottles, vandalism, broken glass and cans,

along with fencing torn out for bonfires.

The District considered fencing the Webster Street access to the park, shortening the park hours, adding police surveillance and other options, but now feels that the only meaningful solution is to remove the root cause of the problem—alcohol consumption.

The effects of the restrictions will be evaluated in Spring 1982. (EAST BAY LOG)

Tourney results

The Central Pacific Regional Eight Man Flag Football Tournament was held at Naval Regional Medical Center, Oakland, Nov. 16-22. The winner, NAS Moffett Field, was determined in a playoff with Marines from Mare Island. According to Ron Brown, the "if" game determined the winner which was played only because Mare Island beat Moffett Field earlier in the day, leaving both teams with a single loss.

In the first game Nov. 22, Mare Island beat Moffett 14-0. In the second game Moffett won 17-7, taking the championship in the football tournament, with Mare Island second and Naval Air Station Lemoore third.



WITH FEELING—HN Sean Murphy clenches his fist and shuts his eyes as he emotionally croons "I Honestly Love You," during a recent regional talent contest at Treasure Island. Murphy, who works in the Mail Room at NRMCO Oakland, was selected in seventh place out of a field of 19 finalists. The panel of judges named vocalist Linda Boyd of Naval Support Activity Mare Island the winner. (Photo by David Sims)

Reno trip signups still underway here

A special MGM Grand Hotel Reno package tour is being offered through Special Services on base for the weekend of Jan. 15-16.

A deluxe motorcoach will depart Oak Knoll at 3:30 p.m., Jan. 15, arriving at the Reno hotel about 10 p.m., the same night. It will arrive back at Oak Knoll by 5 p.m., Jan. 16.

The package includes round trip transportation, one night's lodging at the hotel, a free drink, a free bowling game, free breakfast, and free admittance to the "Hello Hollywood, Hello" late show. The price, based on double occupancy in the room, is \$44 per person; single \$62.

Ten personnel have already signed up for this trip, but there must be at least 38 to form one bus load. All reservations must be made by Dec. 14 and a deposit of \$20 is required to hold each space.

The trip is open to all military and civilian staff and their dependents over the age of 21. (Nevada law prohibits the use of alcoholic beverages and gambling by minors.)

Individuals who desire to make their own transportation arrangements may purchase part of the package for \$36 each, double occupancy. See Sally Young in Special Services for details.

Nutcracker Ballet discount ducats here

Special Services has discount tickets available to the San Francisco Opera House showing of NUTCRACKER BALLET. Persons desiring tickets have a choice of seating arrangements and performances.

There will be a show on Monday, Tuesday, and Wednesday Dec. 28, 29, 30, and again on Saturday Jan. 2 with a 2 p.m. and an evening performance at 8 p.m. On Sunday, Jan. 3, there will be two showings also—the first at 2 p.m. and an evening performance at 7 p.m.

Those attending may select seats on the sides, rear or front of the Orchestra area or the Dress Circle. For matinee showings the cost ranges from \$12 to \$17. Evening showing with discount ranges from \$13.50-\$18.50.

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA.

Friday, December 18, 1981



Oak Leaf takes a holiday

This will be the last edition of *Oak Leaf* for the Calendar Year 1981. Next issue will be Jan. 22, 1982, with a deadline of Jan. 13.

Make a note of newsworthy events occurring in the interim period between publications and advise the editor upon her return from leave on Jan. 7.

Oak Leaf wishes you and your families a happy, safe and memorable holiday season and a new year filled with many blessings, large and small.



VIP VISIT—E. C. Grayson (left foreground), Deputy Assistant Secretary of the Navy for Manpower, visited Naval Regional Medical Center Oakland on Dec. 4. Conducting him on a foot tour of the Intensive Care Unit and other hospital areas was Rear Admiral Walter M. Lonergan, Commanding Officer.



BRIEFING—Lieutenant Commander Mary L. Dohrmann, Director of the Coronary Care Unit, explains the workings of patient monitors to the visiting Deputy Assistant Secretary of the Navy. Looking on (l to r) are Captain Sandro R. Sandri, Captain Warren W. Hodge and Lieutenant Clarice Nash.



MODEL—Hospitalman Steve Koczorski of Pharmacy Service is one of the subjects sketched by Navy Combat Artist Cathy Babcock during a visit to the hospital on Dec. 8. The civilian artist works through the Navy Art Cooperation and Liaison Committee of the Salmagundi Club of New York City. A member of the Society of Illustrators, she has taught art for 10 years, has done serious painting for 20 years in oils, pastels and lines, and has received numerous art awards, including those for recent works displayed at San Francisco's Hilton Plaza. Accompanied to Oak Knoll by civilian physician assistant Steven Smoleski, she took numerous photos around the hospital to use as possible subsequent art subjects for a series on the Navy medical team at work. Her works will be donated to the Navy as part of its continuous history. (Another view, Page 5)



PAPER LADY—Kristin Lawson has relieved her brother Matthew as Oak Leaf carrier for the officers' family quarters area behind the main hospital. Kristin is the daughter of Lieutenant and Mrs. Michael Lawson.

EDITORIAL



Commanding Officer's

Christmas Message

With the rapid approach of the holiday season, I would like to take a moment to sincerely thank all the personnel of this command, military and civilian, for the splendid professional support I have enjoyed from you over the past year. Your efforts have clearly enhanced the fine reputation of this medical center in both our beneficiary area and throughout the Navy, and have made my job most rewarding.

My best wishes go to you and your loved ones for a warm and happy Christmas and a New Year marked with personal achievement and filled with good health and happiness.

W. M. LONERGAN
Rear Admiral, Medical Corps, U. S. Navy

Guest editorial

Observe retreat—it feels good!

By Sgt. Cary Monaco, Little Rock AFB, Ark.

Just as I hit the corner of my street it happened. I always tried to get home before it started, or not leave the office until the coast was clear.

But this time it caught me by surprise. My moment of truth was at hand. Five o'clock had arrived, and the call to retreat was blaring. What would I do?

The same thing had happened to me once before. I was about a half block from my door when the "were so gallantly streaming" part was playing. I wasn't proud of my actions. I imagined the children playing nearby laughing at me and adults staring from windows as I stood by myself at attention.

"They would think I was a nut," I told myself.

So I avoided the embarrassment that day. But I was ashamed of myself.

I had seen others duck into their cars or buildings, but it didn't set right with me. As corny as it may sound, I felt as though I had been a traitor to my country by what I had done.

So here I was in the same situation again. What would I do this time?

What I did surprised even me. I turned, faced the flag and did what I was supposed to do. As I stood on that street corner all by myself, my stance and salute were perfect.

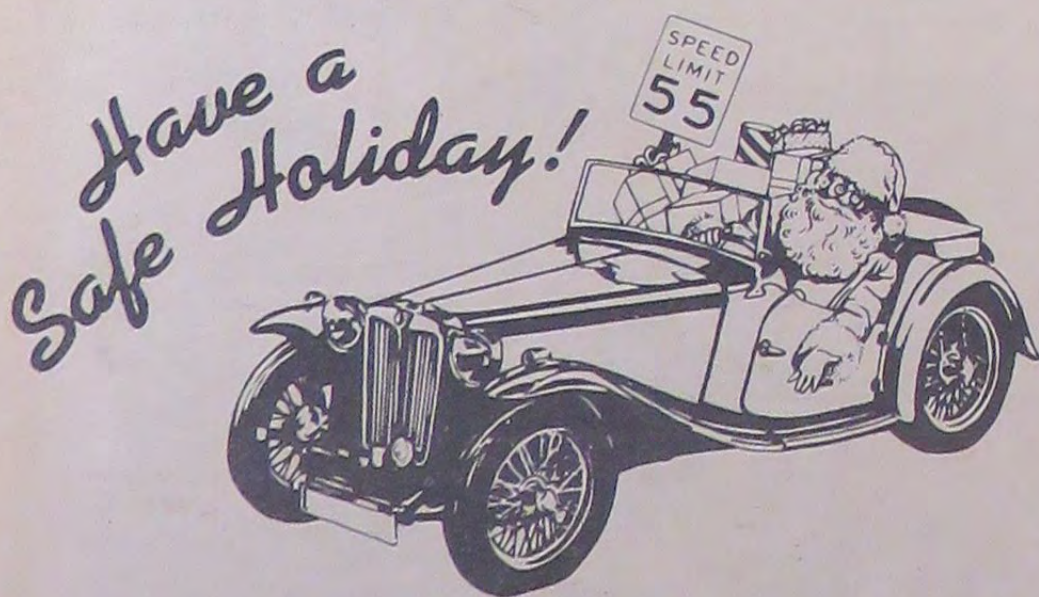
As I expected, the things I imagined came true. Some children snickered, and I heard a few adults whispering, but I wasn't ashamed or embarrassed. I was proud.

Later I wondered if my service had finally succeeded in brainwashing me. I knew most civilians would think you crazy if you suddenly stopped on a sidewalk, stood at rigid attention and stared at a distant flag.

I realized, though, it wasn't brainwashing at all. I remembered the lump in my throat and the way my pulse raced.

I did it because I wanted to, not because my service wanted me to. It was like saying "thank you" to my country and the people who lived and died for it.

So the next time you see a big dude standing like a statue in the middle of nowhere, join me. It feels good—no kidding!



National Health Agencies grateful for CFC support

The National Health Agencies who participate in the Combined Federal Campaign want to thank you and congratulate you on your generous support of the 1981 Campaign. The contributions of the military personnel and civilian federal employees through the CFC, will mean each of the National Health Agencies can continue to serve millions of Americans who suffer from disease or illness.

Because you cared to give, these agencies can continue vital research programs. The member agencies of the National Health Agencies were able to spend more than \$109 million on research in 1979. Your dollars buy hope. It only takes one medical finding to open a door to help millions.

Until research provides the answers, your dollars also buy needed services for the sufferers of these diseases or illnesses. You provide transportation, therapy, financial assistance, health aides and much more. These services often mean the difference between disability and a productive life.

Your contribution also purchases prevention in the form of education. The National Health Agencies are working to educate you and your family on how to recognize a serious health problem in its early stages. We stress the importance of annual checkups, good prenatal care, and recognition of warning signals that something may be wrong.

Our agencies are providing the latest medical information to the health professionals of this country. We sponsor services to keep them abreast of the newest techniques and research developments in their respective fields.

We thank you for recognizing the importance of the work we are doing with your help. If they could speak with one voice, the millions of people who now enjoy a healthier life would give you a resounding Thank You.

Henry T. Wingate
Chairman, National Health Agencies
for the Combined Federal Campaign

206 years of Navy tradition

by SN Debbie Angeli

WASHINGTON (NES)... During the Navy's 206-year history, many traditions and customs have become an integral part of its service. The following are just a few examples of the lighter side of naval tradition:

Drawing pay

In the days of sail, Navy and Merchant Marine seamen were permitted to draw advanced pay. In the British Merchant Service, one month's advance pay was drawn when the sailor deployed. After five weeks at sea, or whatever time the advanced money had been worked off, the men made a canvas horse, stuffed with old cordage and material, to represent the debt. Permission was requested to set fire to the horse and hoist it out to the end of a boom or yard. This marked the completion of the first five weeks of voyage and the time the crew started to accumulate wages "on the books."

Uncle Sam

The term "Uncle Sam" originated during the War of 1812. In those days, Elbert Anderson, a food contractor, purchased quantities of beef and pork for the U.S. Army. These items were inspected by Ebenezer Wilson and his uncle, Samuel Wilson, alias Uncle Sam. Subsequently, Wilson's employees would mark each case "E.A.-U.S." to indicate that the contents had been procured by Elbert Anderson on behalf of the United States. But many of Wilson's workers were recruited as soldiers, and whenever they saw the "E.A.-U.S." stamp, they would refer to it as some more of "Uncle Sam's" supplies. The joke caught on and "Uncle Sam" soon became a personification of the United States.

Coins at step of mast

The custom of placing coins under the step of a mast when building a vessel is thought to have originated from a Roman custom of placing coins in the mouths of the dead to pay their transportation across the River Styx. It was believed that if the ship met with a mishap at sea, the coins under the mast would ensure that the way of all hands would be paid.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM W.M. Loneragan, MC, USN,
Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of
Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of
Administrative Services

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HM2 David Wm Hershenzon

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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627.

Seasons Greetings

Preventing illness

PCC, ER to sponsor patient education series

Lieutenant Commander William G. Runyon, Chief of Primary Care and Emergency Medicine Services, recently announced that his department will soon be offering a lecture program aimed at health promotion for Oak Knoll patients.

As both the Primary Care Clinic and the Emergency Room handle a very large volume of patients with both minor and major acute and chronic illnesses, Dr. Runyon feels that health providers here should begin putting more effort into preventing many of these illnesses. "A large portion of the illness we see is from patients' unhealthy styles of living—tobacco abuse, obesity, alcohol abuse, etc.," he says.

The lecture program will commence in January. Physicians, nurses, corps

staff, dietitians and other health providers are being asked to volunteer as patient educators. Lectures are tentatively planned for weekday evenings from 7 to 8 p.m. on a monthly basis at the medical center.

Dr. Runyon hopes to eventually expand this lecture series into a more comprehensive "Wellness Program" for patients, with other teaching resources such as videotapes, demonstrations, publications, etc. Presently, funds to support such a comprehensive program are short, he explained.

Personal resourcefulness and hard work hold success for this program, Runyon believes. He encourages all staff members to contact him if they feel they have anything to contribute.

Civilian job openings here

Applications are currently being accepted by Civilian Personnel Service for the following civilian positions:

Accounting Technician, GS-5 (two positions), Comptroller Service.

Secretary (Typing), GS-5, Civilian Personnel Service.

Supervisory Clinical Nurse, GS-10, Nursing Service (GYN/GU Ward).

Mechanical Engineer, GS-5/7/9/11, Public Works Service.

Deadline for applying for the accounting technician jobs is Dec. 21; secretary, Dec. 23. Applications will be accepted for the nurse and engineer positions until they are filled.

Space-A rules change—again

The Military Airlift Command (MAC) has advised that a planned change to Space-A procedures will not be implemented and existing procedures will remain in effect.

The planned change at MAC terminals would have required passengers to revalidate their flight intentions every three days. Existing regulations require passengers to show for each Space-A call for any flight posted for 24 hours.

OPNAVINST 4630.25B contains a full explanation of air transportation on military flights. More information may be obtained by calling the nearest MAC terminal or by calling MAC at Autovon 638-5309 or commercial (618) 256-5309.

Auto mileage rates same for '81 taxes

The Internal Revenue Service has decided to retain 1980 standard mileage rate deductions for 1981 tax purposes.

The rate for an auto used for charitable, medical and moving purposes is nine cents a mile. The rate for business use of an auto is 20 cents for the first 15,000 miles and 11 cents for mileage over 15,000. The 11 cent rate also applies to business use of fully depreciated autos.

Chemistry techs also needed

Another recruiting announcement is out for two civilian Medical Technicians (Chemistry), GS-5, to be employed in the Naval Drug Screening Laboratory on base. Application cutoff date is Dec. 28.

Applicants must have two years general and one year of specialized experience in performing laboratory tests and examinations and in preparing technical findings.

Call Bertha K. Snively at Ext. 2116 for details.

Continuing resolution impacts reenlistments

Because Selective Reenlistment Bonus (SRB) payments could potentially move to higher dollar value now that the FY 1982 Appropriations Bill has cleared Congress, NAVOP 165/81 grants local commanders authority to extend enlistments by one month, into January.

This will prevent possible financial losses for personnel with an EAOS prior to passage of the bill. However, as the NAVOP cautions, consideration should be given before extensions are executed to avoid reducing the bonus multiplication factor or changing the member's SRB eligibility zone.

More information is contained in the Dec. 1 NAVOP.

Corfam may give 'hot foot'

Recent tests at the Naval Safety Center, Norfolk, Va., have determined that shoes made of poromeric (Corfam) material may melt and burn when in contact with a flame. At least one individual has suffered severe foot burns.

The center recommends, in NAVSAFECEN Advisory 7-81, that Corfams not be worn in firerooms, engine rooms, BT shops, machine shops, and any area where welding or similar operations are occurring.

Cycle mishap claims life of NRMCO optometrist

Naval Regional Medical Center Oakland personnel were saddened to hear of the sudden death of newly reported optometrist Lieutenant Commander Albert L. Wright, 32, who died Dec. 4 of injuries sustained in a motor vehicle accident in Alameda.

Dr. Wright reported to NRMCO Oakland on Oct. 17, transferring here from duty at NRMCO Guam. He had nine years service in the Navy.

According to police reports, Dr. Wright was riding a motorcycle on Westline Drive and collided with an oncoming automobile making a left turn onto Shore Point Court. He was taken to Alameda Hospital where he succumbed a few minutes later.

A German-born orphan whose original name was Wolfgang Fiedler, Dr. Wright and his twin sister were adopted as children by retired U. S. Air Force Master Sergeant Albert Wright and raised in Oregon.

In addition to Mr. Wright, now a resident of Skyland, N. C., and his twin, Cathy McIntosh of Beaver Creek, Ore., Dr. Wright is survived by another sister, Heidi, who remains in Germany.

A memorial service in his honor was held Dec. 7 in the Chapel of Hope at the hospital, with graveside services a few days later in Willamette National Cemetery in Portland, Ore.



LCDR A.L. Wright

Oak Knoll staff members trained in medical planning

A medical staff planning course was recently presented here by Commander William A. Ferris and Master Chief Hospital Corpsman Thomas M. Daniels of the Staff Planning School, Landing Force Training Command, Pacific Naval Amphibious Base, San Diego.

The week-long course, Nov. 30-Dec. 4, was attended by 23 staff members of Naval Regional Medical Center Oakland to become familiar with the medical aspects of amphibious warfare command and staff action, including medical staff planning requirements and responsibilities.

In the hypothetical military action studied, the Navy's responsibility is to supply support, transportation and hospitalization afloat, while the Marine Corps objective is to land by amphibious or helicopter assault. The

mission of the medical department is to return the patient to duty with the Fleet Marine Force or stabilize and prepare the wounded for evacuation.

The training evolved over the past 15 years, improving with each course, according to a school spokesman. The Pacific Staff Planning School is the only one offering medical training. Its Atlantic counterpart does not offer a medical course of this type. The instruction is offered to medical department personnel E-6 and above, both active and reserve.

More information on the program may be obtained by calling Autovon 958-9635, Commercial (714) 437-2635, or by writing Staff Planning School, Landing Force Training Command, Pacific Naval Amphibious Base, Coronado, San Diego, Calif., 92155.



GUEST SPEAKER—Mr. Roy Grimm, Managing Editor of the Oakland Tribune and East Bay Today, addresses members of the San Francisco Bay Area Public Affairs Council during a Dec. 3 luncheon at the Oak Knoll Officers' Club. At the same table are Lieutenant Colonel Dave Stewart of Headquarters Sixth Army and Betty Beck, Public Affairs Officer, Naval Regional Medical Center Oakland. Nearly 90 public affairs representatives and executives from San Francisco and East Bay federal and local government agencies were in attendance.

FOR YOUR INFORMATION



GOOD SHOT—Lieutenant Commander Mary Cornell of Nursing Service took a few photographs of the recent Navy Week in San Francisco for her own use. Among the shots she captured was this action photo of the Blue Angels flying in formation and salute over a Navy ship on San Francisco Bay. The city is silhouetted in the background and the Bay Bridge is at left.

Career Capsules

By HMC Gary L. Soileau
Career Counselor

ANATOMY OF AN ASSIGNMENT

Do you ever wonder in what foreign tongue your detailer is speaking when he uses such terms as "requisitions," "windows," "NMP," "projections," and "POB 7's"? Actually these are everyday terms used in the detailing process; but just what do they have to do with the possibility of your going to the USS EVERSALE? The specifics are addressed in the Enlisted Transfer Manual and other manpower management directives; but I would like to cover some of the more important things that you can do to help plan for your next move.

Duty Preference (NAVPERS 1306/63)—An absolute must for your detailer in making an assignment. Make sure yours is current, because **if you list no choice, you have no choice.**

PRD—(Projected Rotation Date)—Everyone attached to a permanent duty station has a PRD. It is that date, based on current sea/shore rotation, EAOS, (Expiration of Active Obligated Service), location and type duty which determines your transfer date from your present command. Requests that may result in a change to your present PRD must reach us not later than eight months prior to PRD.

Manning Control Authority (MCA)—Actually there are three of them: CIN-PACFLT, CINCLANTFLT, and NMPC. They decide what each activity needs, the number of sailors, and the priority of filling billets to best support the overall mission of the Navy.

Requisition (RQN, REQ, WRECK)—The document which reflects the billet requirements in priority order as established by the MCA's. This is generated by EPMAC approximately two times per month and it is the document that shows which billets are available.

PRD Rollers—Those individuals who are available for assignments in a particular time frame.

Closed Loop NEC—Most HMI NEC's (except NEC—8404) are now closed loop. This means that if you hold the NEC you will be assigned to a billet requiring that particular NEC. For example, an HM-8506 cannot be assigned to an HM-0000 billet.

Now briefly let's put it together to see how the system works. Remember that there are numerous other factors that may be involved in the assignment and distribution process but the basics are as follows.

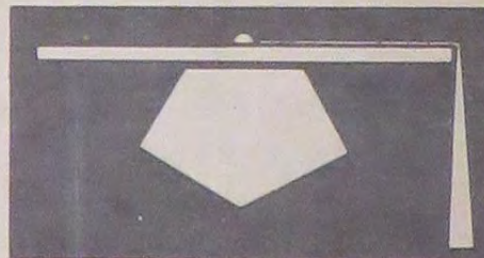
—Ensure that you have a current duty preference on file.

—If you desire to call your detailer to discuss assignment possibilities, I recommend talking to me first. Call early in the month, four and five months before your PRD.

—When your detailer has a valid requisition, and also knows how many PRD rollers he has to work with in a given rating or closed loop NEC community, he is able to determine which billets are available for assignment. For the most part your duty preference, billet priority, cost effectiveness and the concept of the right sailor for the right job will determine the assignment.

As a final note I should mention that a GUARD III request is not subject to many of the requirements mentioned above.

Columbia announces TI, Hamilton courses



Columbia College has scheduled six classes at Treasure Island and one at Hamilton AFB during its Jan. 4-Feb. 27 session.

Treasure Island:

ENG 111, English Composition I—Mon, Wed, Fri, 11:05 a.m. to 12:45 p.m.

CJ 351 Probation and Parole—Tues, 6:30 p.m. to 11:30 p.m.

BUS 280 Accounting I, Tues, 6:30 p.m. to 11:30 p.m.

PSY 325, Research and Methodology, Wed, 6:30 p.m. to 11:30 p.m.

BUS 365, Human Resource Development, Thur, 6:30 p.m. to 11:30 p.m.

BUS 260, Principles of Management, Sat 9 a.m. to 12 noon and 1 p.m. to 3 p.m.

Hamilton AFB:

CJ 311, Police, Mon, 6:30 p.m. to 11:30 p.m.

Columbia offers both the two-year Associate Degree and the four-year Bachelor's Degree in Business, Psychology, and Criminal Justice. Each Columbia course carries three semester hours of college credit. Tuition charges are \$75 per credit and can be paid through the G.I. Bill, military or civilian tuition assistance, the Basic Education Opportunity Grant, or personal payment.

Interested students should contact Larry Blades at (415) 397-5613.

Penalties up for filing false tax information

Filing false tax information has always been a risky business. Beginning in 1982 it will be even more risky.

Under the Economic Recovery Tax Act of 1981, the civil penalty for filing false tax withholding information increases from \$50 to \$500 as of Jan. 1. The maximum criminal penalty increases from \$500 to \$1,000 with a prison sentence of up to one year.

Meantime, a federal judge in Michigan has put more teeth into existing federal tax law by sentencing two members of the We the People ACT, a Michigan-based anti-tax group, to prison terms. The two are the latest of the leaders of the "Flint Tax Revolt" to be sentenced for criminal violations of the federal tax laws.

Both persons had been active in advising employees to file false Forms W-4 which substantiate the number of dependents a person has and serve as the basis for federal tax withholdings.

At one of the two sentencings, the judge called arguments about unconstitutionality and the dollar not being legal tender "nothing but unadulterated snake oil." The income tax law, he said, has been part of the United States' structure for 60 years and "nothing is more clearly established than the tax law you have thumbled your nose at."

A third Michigan resident, but not a member of the Flint Tax Revolt group, was recently found guilty on three counts of willfully failing to file federal income tax returns and two counts of filing false exempt Forms W-4.

In sentencing him to three years imprisonment and a \$2,500 fine, another federal judge stated: "You have absolutely no basis whatever, in logic, law or decency, to avoid complying with the law requiring the filing of the returns and paying taxes as every other person."

'PRO-NAVY' success

Prospect Referral Operation—Navy (PRO-NAVY), a program allowing Navy members to refer potential enlistees directly to the Navy Recruiting Command, generated 90,000 prospects this year, contributing significantly to Navy recruiting successes in FY 1981.

Personnel using PRO-NAVY send a pre-addressed, postage paid referral card to the Navy Recruiting Command, which forwards the name of the prospect to the local recruiter. The program generated 5,000 names annually at its inception two years ago. The 1981 figures represent an increase of nearly 1700 percent.

Commenting on the FY 1982 PRO-NAVY program, Rear Admiral Floyd H. Miller, Commander, Navy Recruiting Command, said, "I urge everyone in the Navy family—civilian and military—to participate actively. If one out of every five uniformed members of the Navy referred one person who subsequently enlists, we would meet our goal of over 93,000 accessions."

Happy
New Year

PEOPLE MAKE NEWS

Christmas Menu

NAVAL REGIONAL MEDICAL CENTER
Oakland, California

CHRISTMAS DAY MENU
December 25, 1981

Main Dining Room, 11 a.m. to 1 p.m.

Enlisted Personnel \$2.15

Officers, Civilians, Dependents \$3.40

Children (Under 12) \$2.30

APPETIZER

V-8 Cocktail

Consomme Magenta

ENTREES

Roast Turkey with Cornbread Dressing, Giblet Gravy, Cranberry Sauce
Baked Halibut Steak, Lemon Butter
Char-Broiled Sirloin Steak

VEGETABLES

Baked Potato, Sour Cream with Chives
Mixed Vegetables

Buttered Peas

SALADS

Waldorf Salad

Relish Plate

Green Salad

BREADS

Hot Rolls

Assorted Breads

DESSERTS

Christmas Cake
Assorted Fruits, Nuts, Candies

Apple Pie with Cheese Slice

Ice Cream

Beverages

Lemoore SAR crew cited

Four members of the NAS Lemoore, Calif., Search and Rescue (SAR) team were awarded medals recently, for a daring rescue in Yosemite National Park.

On May 22, the SAR office received a call requesting help in the evacuation of a 26-year-old woman who had been injured while rock climbing. The woman, unconscious and suffering from a skull fracture, was hanging suspended in a climbing rope, 1,500 feet above the valley floor on the sheer face of Cathedral Rock.

The duty SAR crew was in a training area and could not be reached by radio, but within minutes a backup SAR crew was formed and on their way.

The pilot, LCDR Daniel Ellison, was awarded the Air Medal for his part in the rescue. Other crewmembers, LT Michael Helms, AMS1 Ranier Streib and HM3 Olga Misko, were presented Navy Commendation medals. NAS Lemoore Commanding Officer, Capt. J.M. Gleim, made the presentations.

Kudos.....

QUALITY STEP INCREASE

Norman Woehrman, Laboratory Services

CIVILIAN LENGTH OF SERVICE AWARDS

35 Years

James Barnes, Food Service
Leland McNair, Food Service
Frank Willis, Alameda Branch Clinic

25 Years

Patricia Scholine, Treasure Island Branch Clinic

20 Years

Karoline Gunter, Patient Affairs

LETTERS OF APPRECIATION

Hospitalman Michael Paulin
Lieutenant Lawrence Graheck, Nurse Corps

AUGMENTATIONS

Ensign Michael Curran, MSC
Lieutenant (junior grade) Thomas Howe, NC
Ensign Phillip Fordice, MSC

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Commander Michael Mullen, DC, to USS ENTERPRISE (CVN 65).

Lieutenant Lawrence Graheck, NC, to NRMCC San Diego.

Hospital Corpsman Third Class Richard Stansbury, Operating Management, to USS ROANOKE (AOR-7).

Machinist's Mate Second Class Richard L. Dong, Operating Management, to USS POLLACK (SSN-603).

Hospitalman Elaine A. Palma, ENT, to NRMCC Puerto Rico.

Hospitalman Recruit Robert A. Conner, QB/GYN, released from active duty.

Hospital Corpsman Third Class Robert Shelton, Patient Affairs, released from active duty.

Hospital Corpsman Second Class Frankie McGrew, Orthopedics, to Guantanamo Bay, Cuba.

Hospital Corpsman Third Class Christopher Campbell, Special Services, released from active duty.

Hospitalman Anna Gottfriedt, to NRMCC Pearl Harbor, Hawaii.

Hospital Corpsman First Class Gerald Freeman, Military Manpower, to USS DAVID R. RAY.

Hospitalman Warren Barney to USS ASTABULA.

Lieutenant Thomas Marling, to Yokosuka, Japan.

Hospitalman Recruit Thomas Scally, Orthopedics, to Treasure Island.

Hospitalman Timothy Kern, Nursing Service, to 1st Marine Division, Camp Pendleton.

Hospitalman Recruit Robert Haber, Nursing Service, to 3rd FSSG, Okinawa.

Machinist's Mate Third Class Daniel Joyce, Special Services, released from active duty.

Hospital Apprentice Jeffrey Hess, ARS, to Camp Pendleton, Calif.

Hospital Corpsman First Class Melvin Dunn, PMT School, to Japan.

Hospital Corpsman Third Class

Joseph V. Carr to NRMCC Long Beach.

...

"Welcome aboard" to newly arrived:

Ensign Thomas Hickey, Clinical Clerk.

Lieutenant Karry Flynn, Nurse Corps.

Lieutenant (junior grade) Richard Titus, Nurse Corps.

Lieutenant Mary Schetter, Nurse Corps.

Lieutenant Susan Goodwin, Nurse Corps.

Commander Sheila Krauser, Nurse Corps.

Lieutenant Luisa Herreira, Nurse Corps.

Lieutenant Commander Paul Bolduc, Medical Service Corps, to Preventive Medicine Service.

Hospital Apprentice Mark Forrest, Nursing Service.

Dental Technician B. Williamson, Dental Service.

Hospitalman Recruit Paul Harrington, Nursing Service.

Hospitalman Recruit Armando Calilung, Nursing Service.

Commander Alexander Gansa, Alameda Branch Clinic.

Hospitalman Recruit Veronica Mejia, Nursing Service.

Hospital Corpsman Third Class Joey Casiano, Career Counselor's Office.

Hospital Corpsman Third Class Thomas Ramirez, Eye Clinic.

Hospital Corpsman Second Class Kathryn Weaver, X-ray.

Hospital Apprentice Robert Ferguson, Nursing Service.

Hospitalman Recruit James Boyd, Nursing Service.

Hospitalman Recruit Eric G. Wynne, Nursing Service.

Hospitalman Recruit Steven Comins, Nursing Service.

Hospital Corpsman Third Class Gregory Primus, Nursing Service.

Hospital Corpsman Third Class Sandra Storey, Preventive Medicine.

Hospitalman Recruit Maynard Oestreich, Nursing Service.

Hospitalman Enrique Enriguez, Nursing Service.

Hospital Corpsman Third Class Donald Gray, PMT School.

Hospital Apprentice Allan Jenson, Nursing Service.

Hospital Apprentice Joseph Beaubraut, Nursing Service.

Hospitalman Raul Sobero, Nursing Service.

Lounsbury, Bogard in Physical Therapy

In the last issue, *Oak Leaf* welcomed aboard Hospital Corpsman Second Class Glen A. Lounsbury and Hospital Corpsman Third Class Terry A. Bogard.

The welcome still stands but we'd like to correct an error that reported them being assigned to Preventive Medicine Technician School, while in fact they are here taking Phase II of Physical Therapy training.



PART OF THE NAVY MEDICAL TEAM—HM3 Linda Ramsey and HN Steve Koczorski, filling a pharmacy cart with unit dose prescriptions for inpatients, are sketched while they work by Connecticut artist Cathy Babcock, who recently visited the medical center in behalf of the Navy Art Cooperation and Liaison Committee. Cathy is actually Mrs. Douglas Torre, wife of a New York City surgeon who was attending a medical convention in San Francisco.

Last Words:

Look, I
Always
Drive
Better
After a
Couple

SPEAKING OF HEALTH CARE

Radiology Case of the Week

X-RAY: Pneumo Pericardium/Pneumo Mediastinum

In asthmatics, a proposed mechanism is air trapping with subsequent rupture of an alveolus dissection of air into the interstitial space and further dissection into the mediastinum.

A potential complication is pneumothorax.

Those with the correct answer were Medical Corps officers Commander Robert A. Callaway, Lieutenant Commanders James W. Dickey, Gregory J. Gnadl and Kevin G. Harley; Lieutenants Bryan O. Barnett, Frank M. Hartwick, Alison C. Nash and Thomas A. Tami.



New law provides health care to Vietnam vets exposed to toxins

The Veterans Administration recently announced proposed guidelines for carrying out provisions of the "Veterans Health Care, Training, and Small Business Loan Act of 1981" which was signed into law Nov. 3, 1981. The Act, Public Law 97-72, authorizes the Veterans Administration to provide certain health care services to any veteran of the Vietnam-era (Aug. 5, 1964—May 7, 1975) who, while serving in Vietnam, may have been exposed to dioxin or was exposed to a toxic substance in a herbicide or defoliant used for military purposes.

The guidelines which VA will furnish to its medical facilities, on an interim basis, will be published in the "Federal Register." Public comment will be invited.

Health care services may not be provided under this law, the guidelines point out, for the care of conditions which are found to have resulted from a cause other than the specified exposures.

Health care services authorized under this provision of the law are limited to hospital and nursing home care in VA facilities, and outpatient care in VA facilities on a pre- or post-hospitalization basis, or to obviate a need for hospitalization. These services will be provided without regard to the veteran's age, service-connected status or the inability of the veteran to defray the expenses of such care. Veterans furnished outpatient care under this authority will be accorded priority ahead of non-service connected veterans and equal to former POWs receiving care for non-service connected conditions.

Congress makes it clear that this law provides for health care only. A determination that a veteran is eligible for such care does not constitute a basis for service connection or in any way affect determinations regarding service connection.

Veterans Administration guidelines provide also that a complete medical history, physical examination and appropriate diagnostic studies will be developed for each veteran who served in the Republic of Vietnam and who requests VA medical care. For those who have been examined within the prior six months, only those procedures which are medically indicated by the current circumstances will be repeated. Where the findings reveal a condition requiring treatment, the responsible staff physician shall make a determination as to whether the condition

resulted from a cause other than the specified exposure. In making this determination, the physician will consider that the following types of conditions are not ordinarily considered to be due to such exposure:

A. Congenital or developmental condition, e.g., spina bifida, scoliosis;

B. Conditions which are known to have pre-existed military service;

C. Conditions resulting from trauma, e.g., deformity or limitation of motion of an extremity;

D. Conditions having a specific and well established etiology, e.g., tuberculosis, gout;

E. Common conditions having a well recognized clinical course, e.g., inguinal hernia, acute appendicitis.

"On occasion," the guidelines continue, "the responsible staff physician may find that a veteran requires care for one or more of the conditions listed above, but that the case presents complicating circumstances that make the provision of care under this authority appropriate. In such instances, the physician should seek guidance from the chief of staff regarding authorization for treatment. If treatment is so authorized, the reasons will be clearly documented in the medical record. Veterans who are not provided needed medical care under this circular may be furnished care if they are eligible under any other statutory authority."

Headache?

If you've ever had one of those "centralized" headaches that throb more depending on the way you hang your head, then you are well aware that headaches can be wretched.

A headache may be the result of tension, infection, nasal disorder or allergy. But it can also be a symptom of a more serious condition, especially if it recurs. Some headaches that may be alarm signals for a prompt medical examination include sudden, severe headaches; headaches associated with convulsions or fever; headaches that lead to confusion or decrease in consciousness, and headaches that follow a blow on the head. To know what symptoms might require a doctor's attention, write for your copy of the Department of Health and Human Service's booklet "Headaches," by sending \$1 to the Consumer Information Center, Dept. 149J, Pueblo, Colo. 81009. (NES)

MED • SCAN

A quick look
at recent health care
developments

Liver transplantation has now come of age, according to the *British Medical Journal*. Two major programs are currently underway. In Denver more than 200 livers have been transplanted. The longest surviving patient has lived ten years after transplantation and one female patient has given birth to two normal children. The other major series is a joint program in England, between Cambridge and King's College Hospital, London. On this program three patients have survived more than five years and the one-year survival record in the past couple of years exceeds 50 percent. The favored operation is to remove the diseased liver and replace it with the new one rather than graft it to the disabled liver. The greatest problem facing patients in need of liver transplants is the availability of donor organs; as a result about half of the patients accepted for transplantation die while waiting for the operation. In Europe, centers from Gronigen, Cambridge and Hannover, have developed a liver-sharing program. After removal (an extremely complex procedure in itself) the liver is cooled and can be kept in ice for up to ten hours, but must be capable of immediate function after its implantation.

...

Sports Notes: The *New England Journal of Medicine* reports two hitherto unidentified sports injuries: "Cuber's thumb" and runner's radial palsy. Symptoms of "cuber's thumb" include an incurable addiction to Rubik's Cube, the popular puzzle, and a tender swelling of the joint of the left or right thumb, dependent on the handedness of the victim. The malady was discovered by a physician who had purchased for his wife a smoothly engineered version of the puzzle. He bought himself a cheap version which tended to stick when rotated, exerting undue pressure against the thumb which was bracing the cube. In time the joint became affected. The physician's cure was simplicity itself. He swiped his wife's cube. Runner's radial palsy is a numbness and tingling in the arms after running. The problem is the result of the runner's arms being bent too sharply at the elbows, causing a nerve to be pinched. Interesting sidelight: The attending physician noted a relationship between runner's palsy and Saturday-night palsy, caused by intermittent, but just as acute bending of the elbow.

CHAMPUS assists with cost of wigs for cancer patients

CHAMPUS will now cost-share wigs bought between December 1980 and Sept. 30, 1981, for the purpose of covering baldness which has resulted from some cancer treatments.

Retroactive to Dec. 15, 1980, CHAMPUS will share the cost of one wig to cover hair loss resulting from cancer chemotherapy or radiation therapy. The benefit is limited to a single wig for the patient's lifetime and does not cover the cost of maintenance.

Payments were authorized by Congress to extend through Sept. 30, 1981 (FY 1981). Funding authorization for FY 1982 and thereafter is under consideration by Congress.

The new benefit was made possible by a section of the FY 1981 Defense Appropriation Act which was signed into law Dec. 15, 1980, the effective date of the payments. The program originally was estimated to cost approximately \$1.2 million for the first full year and would probably apply to a few hundred cancer patients each year.

CHAMPUS users must apply for the cost of the wig under the normal CHAMPUS claims procedure.

This new benefit does not apply to the purchase of a wig to cover hair loss caused by treatment for disease other than cancer, nor will CHAMPUS pay for hair transplants or treatments to stimulate hair growth.

'Preemies' need special care

Pre-term babies are born before the end of the 37th week of pregnancy. While some pre-term babies can weigh as much as 5 pounds 8 ounces, some full-term babies weigh as little as 5 pounds.

But the difference is that shortly after birth, full-term babies are physically mature enough to breathe and suck normally while pre-term babies often are not. With pre-term babies, for example, often the liver and lungs are not fully developed, which can result in jaundice or breathing difficulties after they are born.

Although biological immaturity is the main problem for pre-term babies, low birth weight also has an effect on how well the baby will do. The smaller the baby, the greater the risks involved.

According to the Department of Health and Human Services, the cause of pre-term and low-weight birth isn't always known. But, more pre-term and low-weight babies are born to teenagers than to other age groups. The reasons are not clearly understood, although some doctors believe that poor eating habits and lack of medical care during pregnancy may be involved.

While the effects of many prescription drugs are not known, recent research shows that babies of drug-addicted and alcoholic mothers are more likely to be born prematurely or suffer birth defects.

Women with histories of difficult pregnancies, spontaneous abortions or stillbirths are more apt to give birth prematurely than women who have had full-term babies.

Smoking is also associated with low-birth weight. According to the 1979 Report of the Surgeon General, the risk of miscarriage and infant death increases the more a woman smokes during pregnancy.

Proper medical care is the best insurance for a mother's health and her baby's welfare. So, from the time a woman knows she is pregnant until the time she gives birth, it's important to have regular obstetrical examinations.



WITH THE FAMILY

Holiday services

Dec. 24, 7:30 p.m.—Protestant Candlelight Service

Dec. 24, 9 p.m.—Catholic Christmas Eve Mass

Dec. 25, 9 a.m.—Catholic Christmas Mass

Jan. 1, 9 a.m.—Catholic New Year's Mass

All holiday services will be held in the Chapel of Hope, Third Deck, Bldg. 500 (main hospital).



Chaplain's Corner

The true meaning of Christmas

By LCDR S.D. Tambourin, CHC, USN
Catholic Staff Chaplain

Amidst all the advertising, buying of gifts, preparing for a large dinner, and exchange of holiday greetings, it might be very easy to forget the true meaning of the day we celebrate.

The true meaning of Christmas is very spiritual and very human... a personal and community reality that evokes sentiments of love, joy and peace.

Spiritually, Christmas is a source of love from the fact that God so cared for us to send his Son in Jesus Christ to share our human condition and to show us the true meaning of love by His example and His deeds. It is a source of joy knowing that God is always present to sustain and guide us on our human journey. Joy also comes from realizing that God keeps His promises made to those who truly believe in Him. Christmas brings peace in knowing that Jesus Christ who came to us as a little child born in very humble surroundings, brought a reality of love and of caring that goes beyond human dimensions. Peace also comes from knowing that God can and will help us eliminate anything that divides us within ourselves and with those around us.

Humanly, Christmas sharply focuses on our human love. Expressions of love that are manifested in true caring for one another—such as the love of a husband and wife that produces a child both to love and to help to grow into a happy, well-adjusted human being—the joy that comes from sharing oneself with others in friendship, or in the context of our hospital, bringing good health to our patients with all the dedication and care that implies. Christmas leads us to peace by inspiring us to put behind us all petty misunderstandings and rash judgments of others. Peace also comes from a constant effort to eliminate all division within ourselves.

In a word, Christmas can lead us to become better, more caring, happier human beings.

On behalf of all of us from the Pastoral Care Service, I wish all of you a very happy and holy Christmas.

NRS offers training course

The annual Navy Relief Training Course will be held in six sessions Jan. 18-29 in Shannon Hall, NAS Alameda Chapel. Classes commence Jan. 18, with each session scheduled from 9 a.m. to 12 noon, Monday, Wednesday and Friday.

The course is open to military wives and all hands, men and women, officer and enlisted, active or retired. A Navy Relief spokesman said the society hopes that career counselors, leading petty officers, division officers and ombudsmen will take advantage of the opportunity to learn more about Navy Relief and the Navy in general.

The course will be taught by Miss Fran Stonesifer, NRS National Field Representative from Washington. Since most of the work by Navy Relief is administered by volunteers, the importance of maintaining an adequate staff of trained workers cannot be over-emphasized. However, volunteering for Navy Relief is not a prerequisite for attendance.

Class No. 1, Jan. 18—Introductions, Overview of NRS (Film), Pay and Allowances

Class No. 2, Jan. 20—Review case study, Budget Guidelines, NRS Policy

Class No. 3, Jan. 22—Review case study, Repayment, NRS Policy (continued)

Class No. 4, Jan. 25—Review case study, NRS Policy (Limits), Volunteer

Programs

Class No. 5, Jan. 27—Review case study, Casework, Mil/Civ Resources

Class No. 6, Jan. 29—Review case study, Course review, PR & Volunteer

Schedule.

Reservations may be made by completing the following:

Return to: East San Francisco Bay Auxiliary
NRS Building 135
Naval Air Station
Alameda, CA 94501
(Tel: 869-4188/4000)

Name: _____ Phone: _____

Spouse's name, rank/rate: _____

Will you take the complete course? _____ Partial? _____

Will you require nursery service? _____ No. of children _____

(Advance reservations required)

Scholarship offered by NRMC Auxiliary

Once again, the Naval Regional Medical Center Officers' Auxiliary will be offering at least one scholarship to a deserving dependent, this time for the 1982-83 school year. Cut-off date for applications is March 30, 1982.

Last year the auxiliary granted four scholarships, ranging from \$250 to \$1,500 each.

Requests for application may be made to Mrs. Beverly Roemer, 18015 Via Rincon, San Lorenzo, Calif. 94579.

1982 Holidays

Jan. 1 (Friday)—New Year's Day

Feb. 15 (Monday)—Washington's Birthday (observed)

May 31 (Monday)—Memorial Day

July 5 (Monday)—Independence Day (observed)

Sept. 6 (Monday)—Labor Day

Oct. 11 (Monday)—Columbus Day (observed)

Nov. 11 (Thursday)—Veterans' Day

Nov. 25 (Thursday)—Thanksgiving Day

Dec. 24 (Friday)—Christmas Day (observed)

Dec. 31 (Friday)—New Year's Day (observed)



The following new additions to the Navy medical "family" have arrived at Oak Knoll:

A baby girl to Hospital Corpsman Benigno Quinto, Alameda Branch Clinic, and his wife Rosa, Nov. 27

A baby boy to Hospital Corpsman Second Class Glen A. Lounsbury, Physical Therapy, and his wife Trina, Nov. 28

A baby boy to Lieutenant Kurt R. Roemer, Urology, and his wife Beverly, Dec. 5

Classifieds

FOR SALE

High chair/play table, \$20; Baby swing, \$15; Unfinished 5' bookcase with adjustable shelves (needs a little work), \$35; Metal coat tree, \$10; Pair brass tone lamps with shades, \$18. Call 635-4728 for an appointment to see items at Oak Knoll.

MOVIES

Friday, Dec. 18, 6:30 p.m.—**DIRTY TRICKS**—Elliott Gould, Kate Jackson—Comedy-Drama/PG

Saturday, Dec. 19, 1 p.m.—**PINOCCHIO**—Animated—Fairy Tale/G

Saturday, Dec. 19, 2:35 p.m.—**THE TINY TREE**—Christmas Story/G

Saturday, Dec. 19, 3 p.m.—**THE NIGHT BEFORE CHRISTMAS**—Christmas Story/G

Sunday, Dec. 20, 6:30 p.m.—**SKETCHES OF A STRANGLER**—Allen Good-witz, Meredith MacRae—Drama/R

Monday, Dec. 21, 6:30 p.m.—**THE ROSE**—Bette Midler, Alan Bates—Drama/R

Tuesday, Dec. 22, 6:30 p.m.—**TARZAN THE APE MAN**—Bo Derek, Richard Harris—Adventure/R

Wednesday, Dec. 23, 6:30 p.m.—**NIGHTRIDERS**—Ed Harris, Gary Lahti—Drama/R

Thursday, Dec. 24,—CLOSED

Friday, Dec. 25,—CLOSED

Saturday, Dec. 26, 1 p.m.—**THE MUPPET MOVIE**—Bob Hope, Paul Williams—Comedy/G

Saturday, Dec. 26, 2:40 p.m.—**SPARTACUS**—Kirk Douglas, Laurence Olivier—Adventure/G

Sunday, Dec. 27, 6:30 p.m.—**STEEL**—Lee Majors, Jennifer O'Neill—Drama/PG

Monday, Dec. 28, 6:30 p.m.—**ALTERED STATES**—William Hurt, Blair Brown—Sci-Fi/R

Tuesday, Dec. 29, 6:30 p.m.—**HONKY TONK FREEWAY**—Beau Bridges, William DeVane—Comedy/R

Wednesday, Dec. 30, 6:30 p.m.—**S.O.B.**—Julie Andrews, William Holden—Comedy/R

Thursday, Dec. 31,—CLOSED

Mothers needed to supervise play

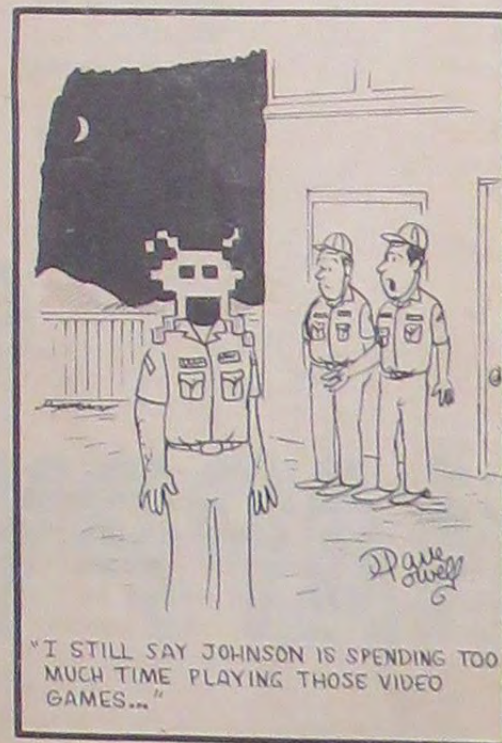
Two mothers living in quarters at Oak Knoll are looking for more mothers interested in joining a play group for three and four-year-olds.

At present, the play day is held once a week, but with more mothers supervising (taking turns) it could be expanded to twice-weekly.

In the two and a half hour period, the tots learn songs, fingerplays, puppet shows, crafts, stories, etc. Some free play time is also allowed.

Anyone interested in participating is requested to call Rosanne Healy at 562-1875.

★★★★★



OFF DUTY

'Fun Run' rescheduled

Due to lack of response, the "Fun Run" was cancelled and is rescheduled at Oak Knoll tomorrow (Dec. 19) at 12 noon. All participants will muster at the picnic area not later than 11 a.m.

T-shirts will be given out to the first 60 participants, and all military, dependents, and civilian staff members are encouraged to enter. Trophies will be

awarded to the first three finishers in age groups: 25 and younger (males), 25 and older (males), and females, no age bracket.

There will be sign up the day of the race.

Any further questions may be directed to HM3 Sonja Stevenson at Ext. 2183 or 2433.

Scenes by the sidelines

By Ron Brown

Three teams shared the early lead in the 1981-82 Intramural Basketball League on base.

After two weeks of play, ENT, MSC, and the "All-Stars" each boosted an unblemished 2-0 record.

In the games of Nov. 18, Anesthesiology won easily over Med Repair by a score of 50-24. Scoring honors went to Eckman with 20 points in nine field goals and three free throws. Leaf scored 10 points for the losers.

ENT won easily over Medicine by a score of 59-40. Stephens split the net for 15 points, followed by Bonicca with 14 markers. Baez led the losers with 13.

MSC humbled Special Services by five free throws. Cason led the losers with 10 points.

The "All-Stars" and NP both won by forfeit to round out the first week of league play.

ENT continued its winning way with a commanding win over Med Repair by a score of 52-32. ENT had three players with 14 points each. They were Wright, Barclay and Stevens. Leaf again led the losers with 14 points. Special Services evened their season record at 1-1 as they handed NP their first loss by a score of 35-24. Fontillas led the winners with 15 points on seven field goals and one free throw. Peralta followed with 10 points. Smith led NP with 10 points.

OPD again forfeited as the "All-Stars" kept their record unblemished for the second straight week.

Medicine, with Baez's 35 points, bounced back after their league opening loss by easily defeating ARS in a score of 69-32. Staats led the losers with 10 points.

MSC kept pace with ENT and the "All-Stars" as they whitewashed Anesthesiology by a score of 58-26. Ulmer led the winners with 24 points on 12 field goals. Gallagher led the losers with 10 markers.

After three weeks of intramural league play, ENT has emerged as the only unbeaten basketball team in the NRMCO 1981-82 season, as both MSC and the "All-Stars" lost last week.

MSC, "All-Stars," Anesthesiology and Medicine are all tied in league standings with identical 2-1 records.

In the games of Dec. 2, Anesthesiology defeated NP by a score of 66-24. Gallagher led all scorers with 29 points, 16 of them coming in the second half. Roth and Sowders contributed 16 and 14 points respectively, while Mateczun led the losers with 10 points.

OPD scored their first win by defeating Special Services by a score of 37-32. Ford led the winners with 11 points on five field goals and one free throw. Scoring honors in the game went to Fontillas as he garnered 16 points on seven field goals and two free throws.

Med Repair squeaked by ARS with a score of 40-39. Leaf led all scorers with 22 points; Joyce led ARS with 16 points on eight field goals.

Medicine had an easy time of it as they completely dominated the court, defeating the "All-Stars" by a score of 69-26. Malone and Baez each had 16 points for the winners, followed by Terry with 15 points. Lagda led the losers with seven points.

ENT put MSC into the losers' bracket with a sounding 48-34 victory. Stevens led ENT with 16 points, while Fox led MSC with 11 points, closely followed by Love with 10.

Standings through Dec. 2
(Third Week)

Position	Team	Won	Lost	Pct.
1	ENT	3	0	1.000
2	MSC	2	1	.667
3	"All-Stars"	2	1	.667
4	Anesthesiology	2	1	.667
5	Medicine	2	1	.667
6	Special Services	1	2	.333
7	NP	1	2	.333
8	Med Repair	1	2	.333
9	OPD	1	2	.333
10	ARS	0	3	.000

Dr. Cassaday fourth finisher in marathon

Lieutenant Commander Michael A. Cassaday, Medical Service resident, finished fourth overall in the 26.2 mile Oakland Marathon held in that city on Dec. 6.

Several runners from Naval Regional Medical Center Oakland participated. Among them were Hospital Apprentice David Dube and Hospitalman Anthony Pierini, both of 7 West, who finished in an exact dead heat of 3:45:27.

Navy tied by Army in upset

The U. S. Military Academy shocked the Naval Academy "Middies" on Dec. 5 with an upset tie in the Army-Navy Classic at Veterans Stadium in Philadelphia. The 3-3 standoff means that Navy retains its lead in the annual contest, 38-37. Navy moved ahead in the series last year for the first time since 1921.

A pregame highlight was the induction of former Navy quarterback Roger Staubach into the National Football League Hall of Fame. Halftime activities honored the USO, which celebrated 40 years of aiding servicemembers throughout the world. Susan Powell, Miss America 1981, directed the ceremonies, which featured the combined Naval and U. S. Military Academy Bands playing the USO World March. George Welsh became the winningest Navy coach (55-45-1) with his fourth straight successful campaign—the first time since 1961 Navy has strung together so many winning years.

The 7-3-1 season this year has resulted in an invitation to play in the 23rd Liberty Bowl on Dec. 30 against Ohio State University.

Navy beats Army in 'Turkey Bowl'

The upset Navy tie with Army in Philadelphia was softened somewhat by events half a world away, relayed to Middle Coach George Welsh in a recent message.

On Nov. 28, atop a hill overlooking the Black Sea, naval personnel of Turkish U. S. Logistics Group Detachment 28 (TUSLOG Det. 28) engaged U. S. Army ground and air forces in the second annual flag football "Turkey Bowl."

The heavily outnumbered naval contingent, encouraged by banners, bell-ringing fans, and a Navy goat fresh from a herd on the Turkish hills, held on to a first quarter touchdown to dump Army 6-0.



Porthole party shaping up

The Porthole is planning a big New Year's Eve celebration at the club on base. The gala will begin at 7 p.m., Dec. 31.

Tickets are now on sale, in limited quantity, at the club, for \$25 per person. The blanket price includes live music, party favors, dancing, New York steak, champagne, wine, cocktails and breakfast.

Casual attire (sports jackets for men) is acceptable.

Get your tickets now before the event is completely sold out.

Club needs help

The Porthole, CPO/Enlisted Club on base, has openings for waiters or waitresses.

Off-duty military personnel are invited to apply. Experience is not required.

If interested, call Jim at Ext. 2547 for further information.

A USO invitation to holiday dinner

The 23rd annual USO Christmas Eve Dinner will be held at the Community Center (Bldg. 137) on Naval Air Station Alameda.

Long-standing tradition has been for the members of Oakland's Temple Beth Abraham Sisterhood to sponsor this free Christmas Eve Buffet and party for military personnel and their dependents, in conjunction with East Bay USO. The dinner and program are coordinated by Mrs. Jack Jeger, Temple Beth Abraham USO Chairperson.

This special event is a welcome Christmas tradition for many otherwise lonely military and dependents who are separated from their families and friends during the holiday season.

An outstanding home-cooked buffet, including a variety of casseroles, meats, salads and desserts to satisfy any appetite will be served. Santa Claus will arrive bringing gifts for the children.

Reservations should be made immediately by calling East Bay USO, Bldg. 137, Alameda Naval Air Station at 521-2750. Families who will be alone this Christmas Eve, as well as single military, are encouraged to attend this old-fashioned Christmas Eve celebration.

